CALUMET

COOK BOOK

THE KEY TO BETTER BAKING
CALUMET
BAKING POWDER

SALES 2½ TIMES THOSE OF ANY OTHER BRAND

CALUMET
THE WORLD'S GREATEST
BAKING POWDER
Double Acting

Guarantee

CALUMET
THE WORLD'S GREATEST
BAKING POWDER

Is Guaranteed in Every Respect

WE, the undersigned, do hereby guarantee that Calumet Baking Powder complies in every respect with all State Food Laws.

That it complies with all the provisions of the U. S. Food and Drugs Act approved June 30th, 1906. (Serial No. 5161.)

That it is so manufactured and sold as to comply with all the requirements of the standard for baking powder approved by the U. S. Department of Agriculture, February 26th, 1918. (F. I. D. 174.)

That all ingredients used in the manufacture of Calumet Baking Powder comply with Government standards for these materials.

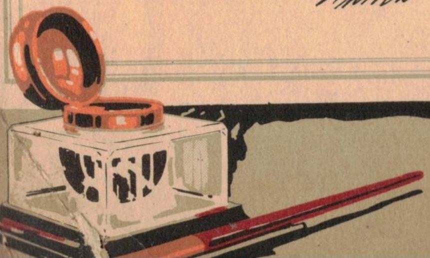
That all ingredients used in the manufacture of Calumet Baking Powder are such as have been approved by U. S. Food Authorities.

That Calumet Baking Powder is manufactured in a sanitary factory, under every safeguard to insure cleanliness and health.

We further guarantee that Calumet Baking Powder is prepared from the finest materials possible to select, that the goods are pure and wholesome in every particular and further, that nothing injurious is left in the food.

CALUMET BAKING POWDER CO.

Warren Wright
PRESIDENT



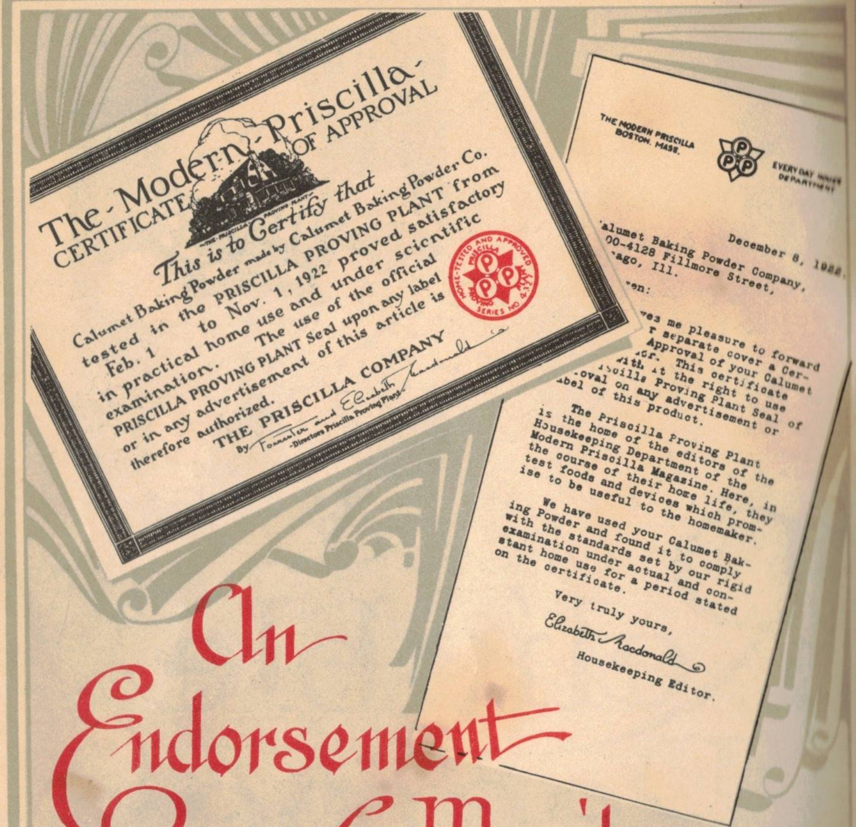
26th Edition

Reliable Recipes

A CONCISE compend of tested recipes, which make most delicious dishes, together with a compilation of helps and hints of value to every housekeeper. Every baking recipe given herein has been repeatedly tested by and is regularly used in the Calumet Baking Schools.

This is a Calumet Cook Book and the recipes contained in it are proportioned for the use of Calumet Baking Powder. For the best results use Calumet exactly according to directions.

Published by
CALUMET BAKING POWDER CO.
CHICAGO, ILLINOIS U. S. A.
Price $1.00


THE PRISCILLA PROVING PLANT
HOME-TESTED AND APPROVED PRISCILLA PROVING SERIES NO. 4

The Modern Priscilla
CERTIFICATE OF APPROVAL

This is to Certify that

Calumet Baking Powder made by Calumet Baking Powder Co. tested in the PRISCILLA PROVING PLANT from Feb. 1 to Nov. 1, 1922 proved satisfactory in practical home use and under scientific examination. The use of the official PRISCILLA PROVING PLANT Seal upon any label or in any advertisement of this article is therefore authorized.

THE PRISCILLA COMPANY
By Forrester and Elizabeth Macdonald
-Directors Priscilla Proving Plant

THE MODERN PRISCILLA
BOSTON, MASS.

EVERYDAY HOUSE
DEPARTMENT

December 8, 1922.

alumet Baking Powder Company,
00-4128 Fillmore Street,
ago, Ill.

en:

es me pleasure to forward
r separate cover a Cer-
Approval of your Calumet
er. This certificate
with it the right to use
riscilla Proving Plant Seal of
oval on any advertisement or
abel of this product.

The Priscilla Proving Plant is the home of the editors of the Housekeeping Department of the Modern Priscilla Magazine. Here, in the course of their home life, they test foods and devices which promise to be useful to the homemaker.

We have used your Calumet Baking Powder and found it to comply with the standards set by our rigid examination under actual and constant home use for a period stated on the certificate.

Very truly yours,
Elizabeth Macdonald
Housekeeping Editor.

An Endorsement of Merit

AFTER exhaustive Tests in the Priscilla Proving Plant, Calumet Baking Powder was awarded the Modern Priscilla certificate of approval.

These tests covered a period of nine months, and Calumet proved its excellence in every way; in practical home use and under scientific examination.

This is but one of the many awards given Calumet Baking Powder and another proof that it is truly, "THE WORLD'S GREATEST BAKING POWDER."

Send Your Friends a Copy

YOUR friends will appreciate a copy of "RELIABLE RECIPES" and will consider one sent them with your compliments a distinct favor.

We will mail books to one or more of your friends enclosing a card bearing your name and advising them it was sent at your request, upon receipt of ten cents in stamps or coin for each name entered on this list.

Write plainly and mail this slip with stamps or coin enclosed to

CALUMET BAKING
POWDER COMPANY
4100-28 Fillmore Street Chicago, Ill.

Name____________________

Street or R.F.D.____________________

City__________ State__________

Name____________________

Street or R.F.D.____________________

City__________ State__________

Name____________________

Street or R.F.D.____________________

City__________ State__________

Sign Your Name Here____________________

1 1/2 cup flour
1/2 tsp B. Powdr
1/2 tsp salt
1/2 cup shortening

Worth Reading

BAKING POWDER is not a food, but it is a preparer of food. A great many people, through misleading advertisements, have been led to believe that they eat Baking Powder, but this is not the case.

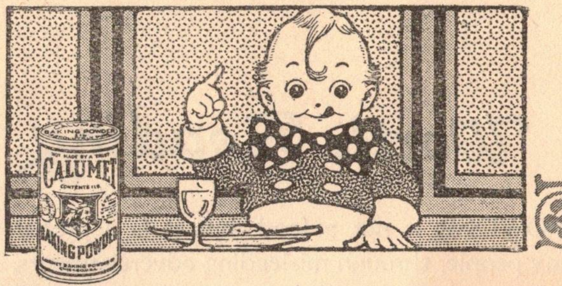
Baking Powder is put in the food, not to be part of it, like flour, but simply as a convenient means of making the breads, cakes and biscuits light and sweet; in fact, it is used only for the leavening gas it produces. When you mix certain substances, under the proper conditions, they combine and, through what chemists call a reaction, change their nature entirely. This is especially true of all mixtures giving off leavening gas in which it is found the substance left is in no way like the substance put into the mixture. In Baking Powders this is always the case. And the part left in the food—the part you eat—is entirely different from any of the original ingredients.

Cream of Tartar Baking Powders, which are so widely advertised as pure, are pure in the can, but through the reaction which takes place, they give off their gas, and leave in the food a residue of Rochelle Salts. Rochelle Salts is the active principle of Seidlitz Powders.

As you can readily see, these Baking Powders can be advertised and guaranteed as pure, for the powder itself is pure. These manufacturers, advertising in this way, say or guarantee nothing in regard to the purity of the bakings made with their powders. One should always think of this fact when selecting a Baking Powder.

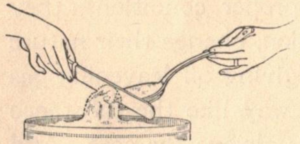
You should remember, and profit by your remembering, that a Cream of Tartar Baking Powder leaves in the food seventy per cent of its weight in the form of Rochelle Salts. Calumet Baking Powder is chemically correct, as it is made by the most modern methods. Through the reaction which takes place in the baking, Calumet leaves in the food no Rochelle Salts, Tartaric Acid, Alum, Lime or Ammonia. The small amount of residue that remains in the food is a perfectly harmless substance, pure and wholesome in every respect.

Be sure you get a Baking Powder that is not only pure in the can, but one that is absolutely pure in the baking. Calumet is guaranteed to be absolutely pure, not only in the can, but also in the baking.



To Succeed—Remember

To use too much Baking Powder is a waste. The amount of baking powder called for in the following recipes is sufficient—and **will give better results than a larger quantity.**



In measuring Baking Powder always measure a level teaspoon. (With Calumet use one level teaspoon to a level cup of flour.) (See illustration.)

It is now generally accepted that in all good recipes, tested and given by competent baking teachers, sifted flour is always meant and should always be used in following the recipes. It is important to follow this rule. Always use sifted flour when measuring, because sifted flour usually makes about one-fifth more bulk than unsifted flour.

Be careful in measuring the salt that you level all measurements. Too much salt will leave its taste in the food.

The term "Cup" means a half pint. It follows, therefore, that four cups equal one quart. Every housewife should use a standard measuring cup, with divisions showing ¼, ⅓, ½, ⅔, and ¾, marked plainly on the sides.

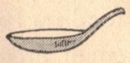
Milk, water or any liquid when added to any combination containing Baking Powder should always be cool or cold, never warm or hot, as heat expands and releases the gases in the Baking Powder too rapidly.

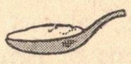
Always keep Baking Powder in a cool dry place. Never put a wet spoon in your can of Baking Powder. Always sift flour and meal before measuring.

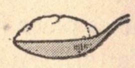
In using the recipes in this book you will note that some flours absorb more liquid than others and the amount of flour will have to be varied to suit the case.

We have endeavored to suggest a baking temperature for all of our recipes, for the convenience of those whose stoves are supplied with oven thermometers and regulators.

Only Level Measurements are Used in This Cook Book


Level


Rounding


Heaping

Many people have been in the habit of measuring by rounded or heaping teaspoonsful. This is a very inaccurate method, and some people get twice as much on a teaspoon for either rounding or heaping as others do. ALL measurements in this book are LEVEL measurements. Use only LEVEL teaspoons in making these recipes and you will have success.

CALUMET
BAKING POWDER

Bread, Biscuits & Shortcakes

BROWN BREAD (BAKED)

2 cups graham flour
2 cups white flour
2 teaspoons soda
1 teaspoon salt
½ cup molasses
2 cups sour milk

Mix well the graham flour, white flour, soda and salt. Add the molasses and sour milk; mix thoroughly. Pour into two well-buttered tins, and bake forty minutes in a moderate oven. This makes two loaves.

BOSTON BROWN BREAD

1 cup Graham flour
1 level teaspoon salt
¾ cup molasses
1¾ cups milk
1½ cups sifted flour
4 level teaspoons Calumet Baking Powder
1 cup corn meal

Measure the meal and flour after sifting. Add salt and baking powder and sift three times. Add molasses and milk. Turn into a well greased steamer and steam three and one-half hours. The water must boil constantly during the cooking.

CALUMET BROWN BREAD

1 cup milk
3½ level teaspoons Calumet Baking Powder
½ cup raisins, cut and dredged in flour
2 cups entire wheat flour
2 cups white flour
3 tablespoons melted butter
¾ cup water
1 egg
1½ level teaspoons salt
¼ cup chopped nuts (if desired)

Melt the butter, add the sugar, beaten egg and mix well, add liquids gradually. Mix the dry ingredients and add gradually to first mixture. Add raisins and nuts, and bake in greased tins forty to fifty minutes in a moderate oven, at 350°–400° F.

COLONIAL BREAD

3 cups sifted flour
3 level teaspoons Calumet Baking Powder
1 level teaspoon salt
2 tablespoons shortening
2 tablespoons sugar
1½ cups sweet milk
½ cup chopped nuts
½ cup chopped raisins

Sift flour, baking powder and salt together three times, add other ingredients and mix thoroughly with a spatula or the rounding side of a mixing spoon. Let stand ten minutes. Put in ungreased pan and bake one hour in slow oven (250°–350° F.). It makes much better bread if baked in round corrugated pans. Brush with melted butter after removing from oven.

CORN BREAD

2 cups yellow cornmeal
4 level teaspoons Calumet Baking Powder
3 eggs
2 tablespoons melted butter
2 cups flour
1 level teaspoon salt
1 pint milk
½ cup boiling water

Pour boiling water over cornmeal, and let stand until cool; sift flour together with baking powder and salt. Beat eggs until light, and add them to cornmeal, then add milk, flour and melted butter; beat until batter is smooth. Pour into a shallow, well greased pan and bake in a hot oven (400°–450° F.) twenty-five minutes.

CALUMET NUT BREAD

1½ cups sifted white flour
1½ cups sifted whole wheat flour
¾ cup chopped nut meats
1 egg
1 level teaspoon salt
¾ cup sugar
1½ cups milk
3 level teaspoons Calumet Baking Powder

Mix and bake the same as Colonial Bread. (See illustration, page 9.)

RAISIN BREAD

3 cups flour
4 level teaspoons Calumet Baking Powder
⅓ cup sugar
1 level teaspoon salt
1⅓ cups milk
1 cup raisins

Mix and sift dry ingredients together. Combine with milk, then add raisins which have been mixed with a little of the flour. Bake one hour in two medium sized greased bread pans in a slow oven, at 250°–300° F.

STEAMED GRAHAM BREAD

3 cups Graham flour
1 cup bread flour
4 level teaspoons Calumet Baking Powder
2 level teaspoons salt
½ level teaspoon soda
2½ cups milk
1 cup molasses

Mix as Boston Brown Bread and steam four hours in covered cans.

THE SECRET IN MAKING LIGHT BISCUITS

Anyone can make good biscuits by following the four principles which govern their production:

1. Cut in the shortening, as the heat of the hands melts the shortening and more flour gets worked into the dough, toughening it.
2. Have a very soft dough. Add just enough liquid to combine the flour and dough. Use cold milk or very cold water. Keep dough cool.
3. Bake in a very hot oven at 450° F. for about fifteen minutes, depending on size of biscuits.
4. Use Calumet Baking Powder.

While kneading is good for yeast bread, it will ruin biscuit dough. A stiff baking powder dough kneaded and worked will make poor biscuits, while a soft dough handled lightly will make them tender, light and palatable.

CALUMET BISCUITS

4 cups flour
4 level teaspoons Calumet Baking Powder
4 level tablespoons butter or lard
1½ cups milk
1 level teaspoon salt

Sift flour once, then measure, add salt and baking powder and sift three times, rub shortening in with fork or spoon, add milk, mix lightly, turn out on a well-floured board and roll or pat one inch thick, cut and bake in quick oven (450° F.) fifteen to seventeen minutes. (See illustration, page 9.)

TWIN BISCUITS

Make dough as for Calumet Biscuit. Roll a little less than half an inch in thickness. Brush over with melted butter, and put together in pairs. Bake in quick oven twelve to fifteen minutes, at 400°–450° F.

DIXIE BISCUITS

4 cups flour
4 level teaspoons Calumet Baking Powder
1 level teaspoon salt
4 level tablespoons shortening
1½ cups milk
Whites of 2 eggs

Sift dry ingredients together three times. Beat egg whites until stiff and fold into the milk. Add to flour gradually proceeding as for ordinary biscuits. Roll thin, brush well with milk or egg white, fold over and press dough together before cutting. Prick biscuit with a fork before placing in the oven and bake quickly at 450° F. This also makes an excellent shortcake.

BUTTERMILK BISCUITS

1 cup buttermilk
1 level teaspoon sugar
2½ cups flour
½ level teaspoon salt
2½ level teaspoons Calumet Baking Powder
½ level teaspoon soda
4 level tablespoons lard

Sift dry ingredients together twice. Into center of flour in kneading bowl, rub in lard with tips of fingers till it "feels like meal." Then into this center of lard and flour pour gradually one cup of buttermilk, beating meanwhile with a spoon. Give the batter thus made some fifty strokes with spoon while still soft and then gradually beat in and knead in remaining flour. Roll out ½ inch thick. Cut with small cutter. Bake on greased pan in quick oven, at about 450° F.

GRAHAM BISCUITS

Make a dough the same as for Calumet Biscuits, using half Graham flour, or if preferred all Graham. After removing from the oven, brush with melted butter.

SHORTCAKE BISCUITS

Make Calumet Biscuit, cut biscuits rather larger than ordinary. Split and butter biscuits while hot. Select any fresh fruit, crush it, and add enough sugar to make plenty of juice. Pour crushed fruit over and between biscuits just before serving. Strawberries, raspberries, blueberries, peaches, or any ripe or canned fruit can be used. In using canned fruits, drain from the syrup and cut into pieces. Whipped cream sweetened or flavored makes this doubly appetizing. This form of shortcake has become very popular because of its simplicity.

CALUMET STRAWBERRY SHORTCAKE

Make dough as for Calumet Biscuit, adding two tablespoons of sugar to the baking powder and flour, if sweet shortcake is desired. Roll dough in two round pieces and spread with butter. Bake in two round cake tins fifteen to twenty minutes in moderate oven, at 350°–400° F. Brush with melted butter. Put the strawberries and juice between the layers, and on top of shortcake. Whipped cream sweetened and flavored to taste can be added. (See illustration, page 30.)

CALUMET PARKER HOUSE ROLLS

Make dough as for Calumet Biscuit. Roll to ⅓ inch in thickness. Cut with round or oval cutter and crease in center with the handle of a case knife, first dipped in flour. Brush half of the round with melted butter and fold over. Put in a pan, ½ inch apart, and bake in a quick oven fifteen minutes, at 400°–450° F. Brush with milk or melted butter.

APPLE CAKES

Make Calumet Biscuit dough, using double the amount of shortening. Roll about ⅜ inch thick, and place in the bottom of a baking pan. Spread with butter and sprinkle with sugar, nutmeg and cinnamon, or whatever spice desired. Slice apples thin and lay on dough. Sprinkle a little sugar on apples. Bake the same as biscuit, about fifteen to seventeen minutes, at 450° F.

Never Touched By Human Hands

CALUMET SURPRISES

Use dough same as for Standard Calumet Biscuits, roll thin and cut with biscuit cutter.

1/2 pound pork sausage (partially cooked) or 1/2 pound sliced broiled bacon

Place small lump of sausage or one strip of bacon on half biscuit; fold over and press edges together. Bake same as biscuits.

CINNAMON OR FRUIT ROLLS

Make dough as for Calumet Biscuits, using double the amount of shortening. Roll out flat into circle or square, spread with butter and sprinkle with spice and sugar to suit taste. Seeded raisins, or currants, can also be added. Roll into cylinder form and slice vertically. Bake in pans, same as biscuit, about fifteen minutes, at 450° F.

CHEESE STRAWS

2 cups flour
2 level teaspoons Calumet Baking Powder
1 level teaspoon salt
1/2 cup milk
1/2 cup butter
1/4 teaspoon red pepper or paprika
1 egg
3/4 cup dry grated cheese

Sift flour, salt, baking powder and red pepper together three times, put in mixing bowl, chop in butter, make a hole in center of flour and put in egg without beating, cheese and milk, and mix together, turn out on molding board. Roll out 1/8 inch thick and cut four inches long and 1/4 inch wide. Bake in moderate oven until a light brown, at 350°-400° F.

VIRGINIA WAFERS

4 cups sifted flour
4 level teaspoons Calumet Baking Powder
1 1/2 cups sweet milk
1 level teaspoon salt
1 tablespoon butter or lard

Mix same as Calumet Biscuits, and divide dough in pieces as large as walnuts. Roll to 1/8 inch thick and bake in moderate oven (350° F.) to a light brown. Serve with salads instead of crackers.

PRUNE BREAD

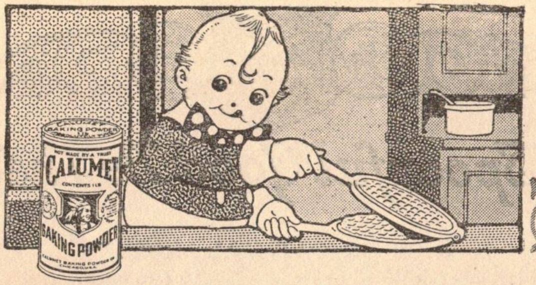
2 cups graham flour
1/2 cup bran
1 level teaspoon salt
1/4 cup sugar
2 level teaspoons Calumet Baking Powder
1 cup milk
1 tablespoon shortening
1 cup prunes

After prunes are thoroughly washed, soak for several hours, drain, stone and chop. Sift together three times, flour, sugar, salt and baking powder; add milk and beat well. Add prunes and melted shortening. Then put into greased bread pans, allow to stand 20 to 25 minutes, and bake in moderate oven (325°-350° F.) 1 hour. (Instead of prunes, dates, raisins or nuts may be used.)

RUSKS

2 1/2 cups flour
5 level teaspoons Calumet Baking Powder
1/2 level teaspoon salt
2 tablespoons sugar
2/3 cup milk
1 egg
1 teaspoon cinnamon
1 teaspoon nutmeg
2 tablespoons shortening

Sift together, at least three times, flour, salt, sugar, baking powder, nutmeg and cinnamon; mix in shortening; add beaten egg and milk to make a soft dough; then turn out on floured board and knead lightly once or twice. Shape into small rolls with floured hands. Lay on greased shallow pan close together, or put into muffin tins. Brush over top with milk and sprinkle with sugar Bake in moderate oven (325°-350° F.) 20 to 30 minutes.



Muffins~Waffles & Gingerbread

DATE MUFFINS

1/3 cup butter
1/4 cup sugar
2 level teaspoons Calumet Baking Powder
3/4 cup milk
2 cups flour
1/4 level teaspoon salt
1 egg
1/4 pound dates

Cream the butter, add the sugar gradually and the dates chopped fine. Mix well together, then add the beaten egg. Sift the flour, salt and baking powder together twice and add to first mixture alternately with the milk. Bake in greased muffin pans twenty to twenty-five minutes in hot oven (400° F.).

BACON MUFFINS

2 cups sifted flour
2 level teaspoons Calumet Baking Powder
1/4 level teaspoon salt
1 level tablespoon sugar
2 level tablespoons bacon drippings
2 eggs, beaten thoroughly
2 tablespoons crisp bacon diced
1 1/2 cups milk

Sift flour, salt, baking powder and sugar together three times. Put in mixing bowl, add well beaten eggs, melted bacon drippings and milk, then beat thoroughly before adding bacon. Bake in muffin pans twenty-five to thirty minutes at 400° F.

NOTE—If Calumet Baking Powder is always used it will be found that the muffins will not only be fuller and lighter, but that they will keep fresh longer.

CALUMET MUFFINS

2 cups sifted flour
2 level teaspoons Calumet Baking Powder
1/2 tablespoon sugar
1/2 level teaspoon salt
1 egg
1 cup sweet milk
2 tablespoons melted fat

Sift together thoroughly flour, baking powder, salt and sugar. Add gradually egg, well beaten, milk and shortening. Beat well. Bake in hot greased gem pans twenty-five minutes in moderately hot oven, at 350°-400° F. This recipe will make muffins for a family of five. Double the ingredients for larger family. (See illustration, page 10.)

CORN MUFFINS

1 cup cornmeal
1 cup flour
2 level teaspoons Calumet Baking Powder
1 level teaspoon salt
1/4 cup molasses
1 cup milk
1 egg, well beaten
1 tablespoon melted butter

Sift together thoroughly cornmeal, flour, baking powder and salt. Add gradually milk and molasses and beat thoroughly, then add egg and butter. Bake in hot greased gem pans twenty minutes in hot oven, at 400°-450° F.

GRAHAM MUFFINS

1 cup white flour
1 cup Graham flour
1 tablespoon sugar
3 level teaspoons Calumet Baking Powder
1/4 cup molasses
1 level teaspoon salt
1 cup milk
1 egg, well beaten
2 tablespoons melted butter

Sift together flour, sugar, baking powder and salt. Add gradually milk, egg and butter. Bake in hot greased gem pans twenty-five minutes in quick oven, at 400°-450° F.

Last Spoonful Good As The First

RICE OR OATMEAL MUFFINS

1 cup cooked left-over oatmeal or rice
3 cups flour
1½ cups milk
4 level teaspoons Calumet Baking Powder
¼ cup sugar
1 level teaspoon salt
1 egg, well beaten
2 tablespoons melted butter

Add milk to oatmeal or rice. Sift together flour, baking powder and salt, and combine with oatmeal and milk. Then add egg and butter. Bake thirty minutes in moderately hot oven, at 350°–400° F.

ONE-EGG MUFFINS

2 cups sifted flour
2 level teaspoons Calumet Baking Powder
½ level teaspoon salt
1 tablespoon sugar
1 egg, well beaten
2 tablespoons melted shortening
1 cup milk

Sift flour, baking powder, salt and sugar together three times, put in bowl, add the milk and well beaten egg, beat well and then add the melted shortening. Bake in well greased muffin rings twenty or twenty-five minutes in moderately hot oven, at 350°–400° F.

BRAN MUFFINS

1 cup flour
1 cup bran
2 level teaspoons Calumet Baking Powder
½ level teaspoon salt
2 tablespoons sugar
1 egg
¾ cup milk
2 tablespoons melted shortening

Sift dry ingredients except bran into mixing bowl. Add bran and mix well. Beat egg until light; add milk. Combine with dry material, add melted shortening. Beat batter three or four times. Pour into greased muffin pans and bake fifteen minutes in hot oven 350°–425° F. This makes eight large or twelve small muffins.

WAFFLES

2¼ cups sifted flour
3 level teaspoons Calumet Baking Powder
½ level teaspoon salt
1½ cups milk
2 tablespoons melted butter
2 eggs, beaten separately
1 tablespoon sugar if desired

Sift all of the dry ingredients together twice. Mix liquid ingredients and combine the two mixtures. Fry on a hot, well greased waffle iron, serve with maple syrup. An aluminum iron needs no greasing.

RICE WAFFLES

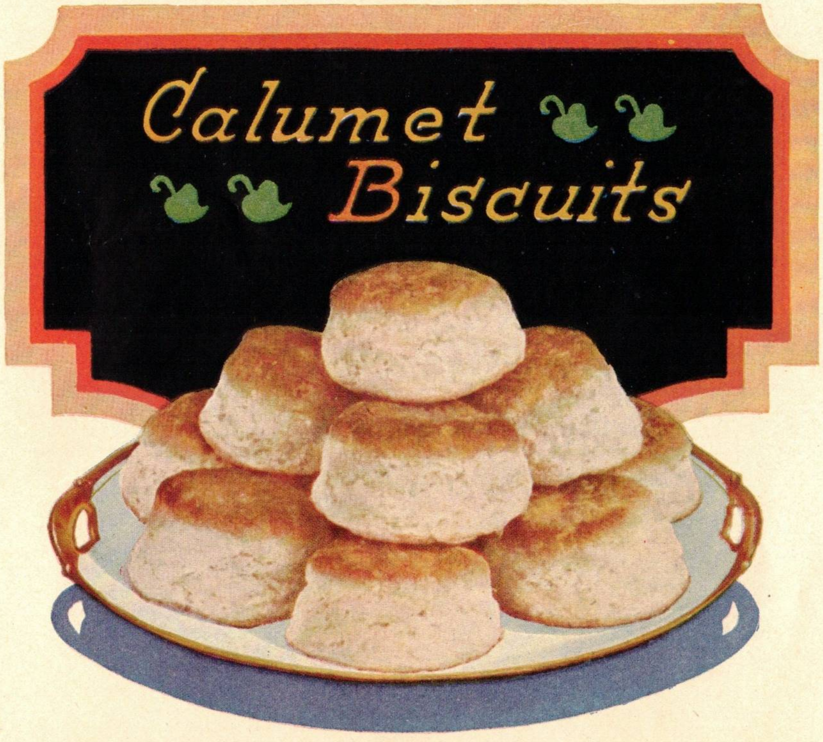
1¾ cups flour
⅔ cup cold cooked rice
1¼ cups milk
3 level teaspoons Calumet Baking Powder
2 tablespoons sugar
¼ level teaspoon salt
1 egg
1 tablespoon melted butter

Sift together flour, sugar, baking powder and salt Work in rice with tips of the fingers; add milk, yolk of egg, well beaten; then butter. Fold in stiffly beaten whites last. Fry as waffles.

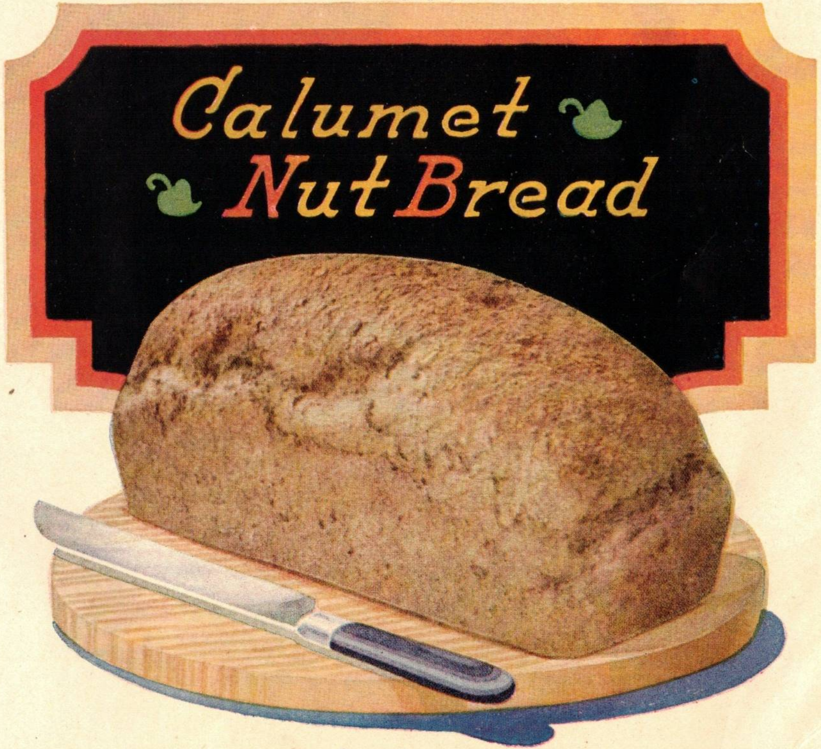
SOFT GINGER BREAD

½ cup sugar
⅓ cup molasses
½ cup lard
2 eggs
¾ cup milk
2 cups flour
2 level teaspoons Calumet Baking Powder
1 scant teaspoon salt
½ level teaspoon soda
½ level teaspoon each of ginger, cloves and allspice

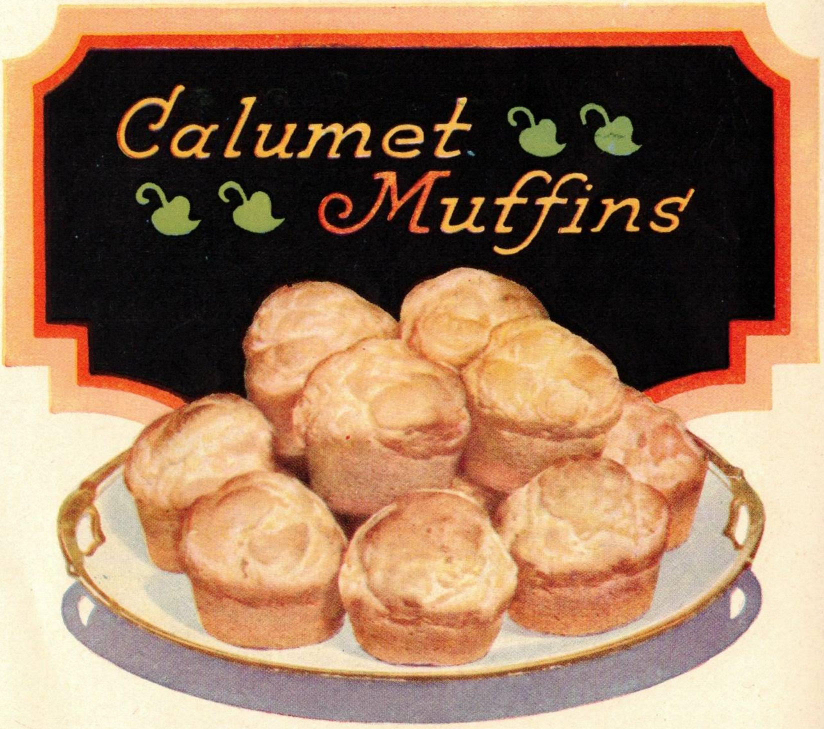
Beat eggs, and add molasses. Mix sugar and lard, then combine. Sift together three times baking powder, flour, salt, soda and spices, and add milk. Put together and beat thoroughly. Bake in a moderate oven (350°–400° F.) about twenty minutes.



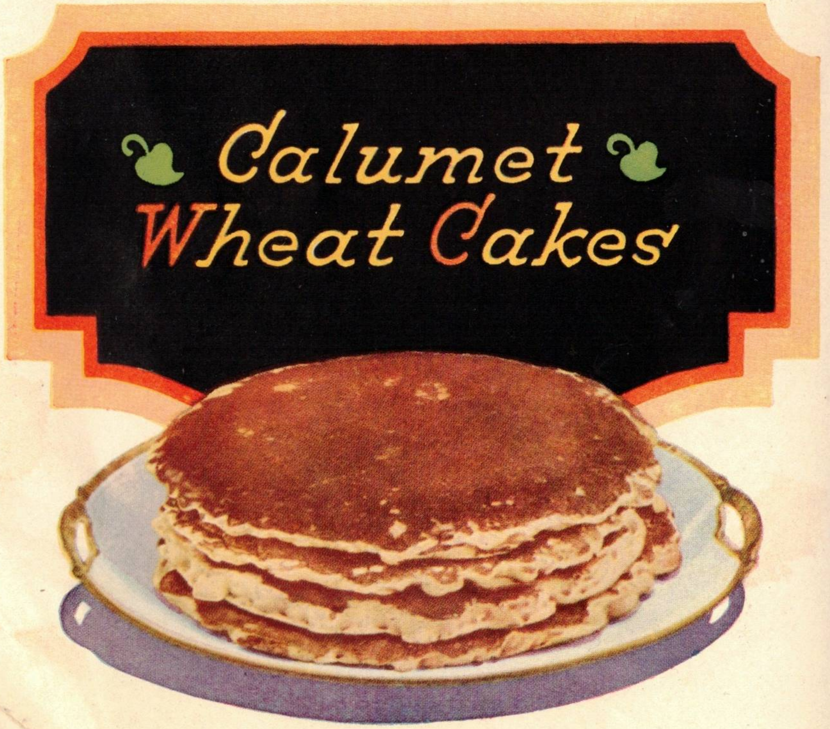
See recipe page 4



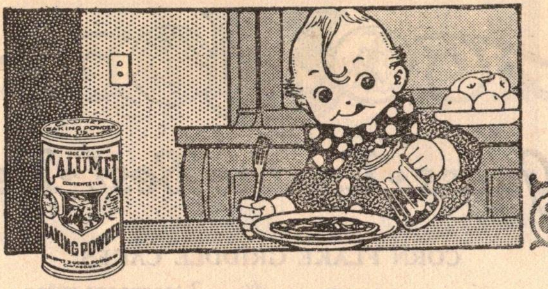
See recipe page 4



See recipe page 7



See recipe page 11



Griddle Cakes

BREAD GRIDDLE CAKES

1½ cups flour
1 cup stale bread crumbs
4 level teaspoons Calumet Baking Powder
1 level teaspoon salt
2 teaspoons sugar
½ cup boiling water
1 cup milk
1 egg, well beaten
2 tablespoons melted butter

Add boiling water to stale bread crumbs, let stand five minutes, then add milk. Sift together flour, baking powder, salt and sugar, and add to bread mixture. Then add egg and butter. Fry immediately on hot griddle well greased. When full of bubbles, turn and cook other side. Add two or three tablespoons of melted butter, if richer and shorter cakes are desired.

BUCKWHEAT GRIDDLE CAKES

2 cups buckwheat (pure)
1 cup white flour
½ level teaspoon salt
Enough milk to make thin batter
4 level teaspoons Calumet Baking Powder

Sift buckwheat and flour, salt and baking powder thoroughly. Add milk enough to make thin batter. Fry same as Bread Griddle Cakes.

CALUMET WHEAT CAKES

4 cups flour
4 level teaspoons Calumet Baking Powder
2¾ cups milk
2 eggs
½ level teaspoon salt
¼ cup melted butter or drippings

Sift flour, baking powder and salt well together. Beat eggs until light and combine with milk. Add to flour making a soft batter. Bake. Half of this recipe will be sufficient for a family of three or four. (See illustration, page 10.)

CORN GRIDDLE CAKES

2 cups cornmeal
2 cups flour
1 level teaspoon salt
4 level teaspoons Calumet Baking Powder
1 tablespoon sugar
1 egg
2 cups milk
2 tablespoons melted fat

Add water to the cornmeal and boil five minutes, then turn into a bowl and add the milk. Sift flour, baking powder, salt and sugar together and stir with first mixture. Beat the egg and add to the whole. Last add melted fat. Bake on a hot griddle.

CANNED CORN GRIDDLE CAKES

1 cup flour
1 cup canned corn
½ cup milk
1 level teaspoon Calumet Baking Powder
⅓ level teaspoon salt
1 egg

Prepare and serve the same as Bread Griddle Cakes

Don't Guess - Use the Best - Be Sure.

CORN FLAKE GRIDDLE CAKES

1 cup flour
1 cup corn flakes
2 level teaspoons Calumet Baking Powder
1 cup milk
2 teaspoons sugar
2 level teaspoons butter
1 egg
½ level teaspoon salt

Prepare and bake the same as Plain Griddle Cakes. Use any kind of package corn flakes, but dry them out if they have absorbed moisture. Any cooked cereal may be used in the place of corn flakes.

ENTIRE WHEAT GRIDDLE CAKES

1 cup entire wheat flour
1 cup bread flour
3 level teaspoons Calumet Baking Powder
¼ level teaspoon salt
2 tablespoons sugar
1 egg
2 cups milk
2 tablespoons melted butter or drippings

Sift dry ingredients. Beat egg, add milk and pour slowly upon first mixture. Beat thoroughly and add butter.

NOTE: Graham Flour Cakes can be made as above, substituting Graham for Entire Wheat flour.

RICE CAKES

2 eggs, well beaten
⅔ to 1 cup sweet milk
A pinch of salt
2 tablespoons sugar
1 cup well cooked rice
2 level teaspoons Calumet Baking Powder

Use flour enough to make a thin batter. Bake as for Bread Griddle Cakes.

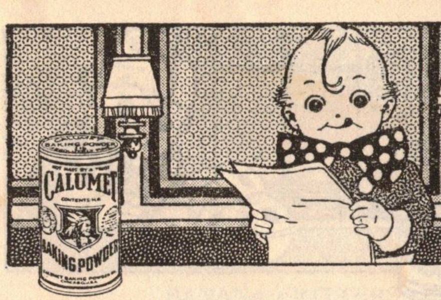
Valuable Information

The Royal Baking Powder Company has run a series of advertisements that directly or indirectly attack Calumet Baking Powder in numerous ways. These questionable advertisements appear under the following circumstances:
The Calumet Baking Powder Co. is making a house to house canvass in the interest of the consumer to introduce Calumet Baking Powder. Calumet gives the consumer a baking powder of rare merit at a moderate price, and saves her considerable money compared with what she is accustomed to pay. But wherever Calumet Baking Powder is demonstrated in the home, the Royal Baking Powder Co. has attacked Calumet Baking Powder through such questionable advertisements as those which are headed as follows:

Every Woman Should Know. The Housekeeper is Right. Worth Careful Thought.
Will You Read this Twice? She Knows what She Wants. Alum in Bread.
Study Food Values. Watch Out for Alum. What Kind Do You Use?
Have You Been Tricked into Using Alum Baking Powder? Housekeepers Must Be Watchful.

(See Page 13.)

After explaining these methods and their reason for this questionable way of meeting honest competition we believe that every woman will dispel any idea she had that Calumet was not pure and wholesome and is a powder of rare merit.



What Your Government Says

To set at rest for all time the question of the healthfulness of "Alum in Food," the United States Department of Agriculture, through the Referee Board of Consulting Scientific Experts appointed for that purpose, conducted experiments covering a period of more than sixteen months.
This board was composed of the following nationally known scientists

Ira Remsen, President of Johns Hopkins University, Chairman.

Russel H. Chittenden, Professor of Physiological Chemistry in Yale University and Director of the Sheffield Scientific School.

John H. Long, Professor of Chemistry in the Northwestern University Medical School.

Alonzo E. Taylor, Benjamin Rush Professor of Physiological Chemistry in the University of Pennsylvania.

Theobald Smith, Professor of Comparative Pathology in Harvard University.

The questions submitted to the board were as follows:

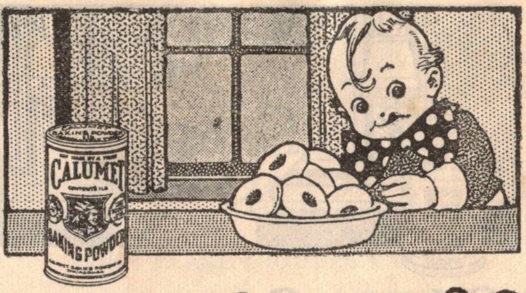
1. Do Aluminum compounds, when used in foods, affect injuriously the nutritive value of such foods or render them injurious to health?
2. Does a food to which aluminum compounds have been added contain any added poisonous or other added deleterious ingredients which may render the said food injurious to health? (a) In large quantities? (b) In small quantities?
3. If aluminum compounds be mixed or packed with a food, is the quality or strength of said food thereby reduced, lowered, or injuriously affected? (a) In large quantities? (b) In small quantities?

The investigation was made through physiological tests on several squads of healthy young men, and foods baked with "Alum" Baking Powder were used in their diet in greater quantities than would be used in their ordinary daily life.
The unanimous report of the Referee Board, signed by all members, was **"In short the board conclude that alum baking powders are no more harmful than other baking powders . . .**

"Alum, as such, is not present in food when eaten."

"When aluminum compounds are mixed or packed with a food, the quality or strength of said food has not been found to be thereby reduced, lowered, or injuriously affected."

The aluminum compound (sodium aluminum sulphate) used in Calumet is not the alum of the drug store. In fact, it is not an alum at all.



Fritters, Doughnuts & Crullers

Deep Fat Frying

Deep Fat Frying is cooking by means of immersion in deep fat raised to a temperature of from 350°–400° F. Three pounds of leaf lard or a good vegetable fat are required for deep frying and a Scotch kettle is the best cooking utensil to use.

Great care should be taken in frying, that fat is of the right temperature; otherwise food so cooked, will absorb fat.

Do not fry too much at one time, not only because it lowers the temperature of the fat, but it may cause it to bubble and go over the sides of the kettle. It is not the fat that boils but the water which the fat has received from the food. All fried food should be drained on brown paper to prevent greasiness.

Rules for Testing Deep Fat for Frying

1. Drop an inch cube of bread, from soft part of loaf, and if in one minute it is golden brown, the fat is at the right temperature for frying any batter or dough.
2. If after heating the fat, an inch cube of bread is golden brown in forty seconds, the fat is then of the right temperature for frying any cooked mixture.

To Clarify

Melt fat, add raw potato, cut in quarter-inch slices, and allow fat to heat gradually; when fat ceases to bubble and potatoes are brown, strain carefully. The potatoes absorb any odors or gases and collect some of the sediment, the remainder settling to bottom of kettle.

If the Fat Should Catch Fire

If a kettle of fat should catch fire while being heated, do not attempt to lift or remove it from the fire. Turn off the gas or electricity, and cover with a heavy cloth wrung out in cold water, or place a lid on it if no heavy cloth or towel is at hand. Never pour water on it.

PLAIN FRITTER BATTER

1 cup flour
2 level teaspoons Calumet Baking Powder
1 egg
½ cup milk
¼ level teaspoon salt

Add 2 tablespoons sugar if sweet batter is desired. Sift dry ingredients together. Add beaten eggs and milk, and beat until smooth. Fry until a golden brown in hot deep fat at a temperature of 350°–400° F.

APPLE FRITTERS

Make plain fritter batter as above. Take 4 large, sound apples; peel, core and quarter. Dip each quarter in batter, and fry to light brown in deep hot fat. Each fritter will at first sink to the bottom of the kettle; then as the heat starts baking powder into action and dough begins to swell, it will rise to surface, and should be gently turned, the turning to be repeated until fritter is finely colored. Most fritters are done within five minutes, time needed to cook them being determined by one which should be cooked as a tester. Fry same as Plain Fritters.

Quality Never Varies-Uniform

BANANA FRITTERS

1¾ cups flour
1½ level teaspoons Calumet Baking Powder
2 tablespoons sugar
½ cup milk
2 eggs, beaten separately
¼ level teaspoon salt

Sift flour, then measure, add baking powder, salt and sugar, sift three times, then add milk and well beaten eggs. Dip fruit into batter and drop in kettle of deep hot fat, like other fritters.

Bananas for Fritters

Slice bananas lengthwise; cut into fourths, squeeze over them the juice of 2 lemons and sprinkle with powdered sugar. Let stand half an hour before dipping in batter.

CORN FRITTERS

2 cups corn, cut from cob
2 level teaspoons Calumet Baking Powder
½ cup flour
2 beaten eggs
½ level teaspoon salt
Pinch pepper
½ cup milk
1 tablespoon melted shortening
1 tablespoon sugar

Sift dry ingredients thoroughly, rub in butter and add liquids, beat well and fry like other fritters in a deep kettle of hot fat.

RICE FRITTERS

1 cup rice
2 eggs
1 tablespoon sugar
1 pint milk
2 level tablespoons butter or margarine
¼ level teaspoon salt

Boil rice in milk until soft and all milk is absorbed, then remove. Add yolks of eggs, sugar and butter. When cold, add whites whipped to dry froth. Drop by spoonfuls in hot deep fat and fry a light brown.

NOTE: Oatmeal, wheat, farina or any cereal can be substituted for fritters in the above recipe.

CALUMET CRULLERS

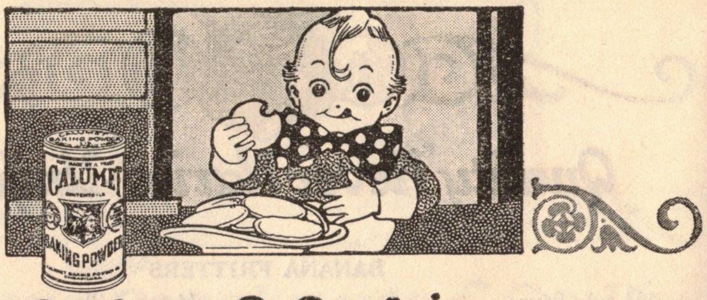
1 cup sugar
2 egg yolks, well beaten
2 egg whites, beaten stiff
4 cups flour
¼ level teaspoon grated nutmeg
2½ level teaspoons Calumet Baking Powder
1 cup milk
¼ teaspoon salt

Cream the sugar and egg yolks and add egg whites. Sift together thoroughly flour, nutmeg, baking powder and salt, and add alternately with milk to first mixture. Place on floured board, roll thin and cut in pieces three inches long by two inches wide; make four one-inch gashes at equal intervals. Take up by running finger in and out of gashes, lower into deep hot fat and fry. Take up on a skewer, drain on brown paper and roll in powdered sugar, if desired.

CALUMET DOUGHNUTS

4 cups flour
4 level teaspoons Calumet Baking Powder
½ level teaspoon salt
1 cup sugar
2 eggs, beaten together
2 tablespoons melted butter
1 cup milk

Sift flour, then measure, add baking powder and salt and sift three times, put sugar and butter together, add well-beaten eggs, then flour and milk alternately. Turn out on a well floured board and roll out ½ inch thick. Cut with doughnut cutter. Let stand five minutes and fry in a kettle of hot fat. Vanilla or cinnamon may be added. (See illustration, page 19.)



Cakes & Cookies

Cake Baking

General Classes of Cakes

Although many varieties of cake can be made, they are all put into two classes. Butter Cakes and Sponge Cakes. They are otherwise classified as cakes made with butter and cakes made without butter, for it is the presence or absence of fat in a cake that makes the difference in the method of mixing the ingredients and determines the texture after baking.

To Mix Butter Cakes

The general method of mixing butter cakes is as follows: Mix shortening until soft and combine with sugar. The recipe sometimes reads "Cream sugar and butter together." Add egg yolks beaten until thick and lemon colored, and mix thoroughly. Sift flour once before measuring, and then, at least, twice together with the baking powder and salt. Add the flour mixture and milk alternately to the first mixture; then add flavoring, and lastly fold in the whites of eggs beaten until stiff.

To Mix Sponge Cakes

The best sponge cake contains only eggs, sugar, flour and flavoring. If the recipe calls for whole eggs beat yolks until thick and lemon colored; then gradually add sugar, flavoring, stiffly beaten whites and lastly, fold and cut in the flour which should be sifted at least twice. If the recipe calls for the whites of eggs only, beat them with an egg whip upon a flat dish until they are stiff. To the beaten eggs add the sugar, a little at a time, beating it in with a flat egg beater. Next add flavoring, then the sifted flour should be folded into the mixture with a wire egg whip or a flat spoon. Pour into ungreased pan and bake in slow oven.

Although there are many true examples of each class, there are many variations. For instance, some sponge cakes do not contain baking powder. The recipe usually calls for so many eggs, however, that it is too expensive for general use when eggs are high in price, and a cake can be made that is just as light and delicate, and at the same time less costly, if fewer eggs are used and a small amount of baking powder is substituted.

Cakes differ in the

1.—Method in which the ingredients are combined.
2.—Oven temperature required for baking.
3.—Length of time required in baking them.

Procedure

1. The best ingredients are essential.
2. Great care must be taken in measuring and mixing ingredients.
3. Pans must be properly prepared.
4. Oven heat must be regulated and cake watched during baking.

Oven Test for Cake

One of the requirements of a good cook is knowledge of her oven. It is through experience only that a person becomes adept in baking in that oven. It is difficult to give any set rules for testing an oven for baking, unless the ovens are of the same type and similarly lined.

Heat your oven at least fifteen minutes before testing it. Then use your own method of trying it for the right heat before putting in the food to be baked.

Use regulator and baking chart where possible.

You Save When You Use Calumet

When Cake is Done

1. It shrinks from the sides of pan.
2. It feels firm to touch of finger and will spring back into place.
3. It is golden brown.
4. A straw inserted into the cake comes out clean.

If cake is put in "too slow" an oven the texture will be coarse. If put in "too hot" an oven, the cake browns on top before sufficiently risen, and in its attempt to rise may break the crust. These troubles are less marked with Calumet Baking Powder than with any other powder. If too much flour has been added, the cake will crack. Coarse granulated sugar or too much sugar will make cake coarse and is apt to make it fall. Too much flour makes cake heavy. Pastry flour contains more starch and less gluten and, therefore, makes a lighter and more tender cake. Long beating aids in making cake fine-grained. Never stir cake after final beating; or after egg whites have been "folded" into mixture. Let cake remain in pans for a few minutes after taking from oven—then remove to a cake cooler or turn out upon a towel on a level place.

AMERICAN COFFEE CAKE

4½ cups flour
4 level teaspoons Calumet Baking Powder
1 teaspoon salt
¼ teaspoon mace
6 level tablespoons butter or lard
2 eggs
1⅔ cups milk and water (half and half)
1 cup sugar (scant)

Sift flour, then measure; add baking powder, salt and sugar; sift three times; chop butter in with spoon, beat egg whites with half egg-shell of water added to each until stiff, then add yolks and beat in; add milk and beat all together; turn into two square pans and spread even; brush top with milk. Spread with the following, first with egg:

½ cup graham cracker crumbs
½ cup sugar
1 level teaspoon mace
3 level tablespoons butter

Mix crumbs, sugar and mace; rub butter in until it is crumbly; spread thick on top of cake; bake in moderate oven thirty to thirty-five minutes, at 325°–350° F.

APPLE CAKE

2 cups flour
2 level teaspoons Calumet Baking Powder
¼ level teaspoon salt
¼ cup butter or lard
Yolk or whole of 1 egg
2 tablespoons sugar
⅔ cup milk

Sift flour, then measure; add baking powder, salt and sugar, and sift three times; chop shortening in with spoon, preferably with knives, or knife and fork; beat yolk, add milk and mix together; spread in square tin about ⅜-inch thick; cover with melted butter. Bake in moderate oven, at 325°–350° F.

Core, quarter and slice in eighths 5 tart apples, lay in rows, lapping each other, cover with melted butter, 1 teaspoon of cinnamon and 3 tablespoons of sugar.

BANANA CREAM CAKE

3½ cups flour
1¼ cups sifted granulated sugar
3½ level teaspoons Calumet Baking Powder
½ cup butter
¾ cup milk
Yolks of 3 eggs
Whites of 2 eggs, beaten with 4 tablespoons of water added

Sift flour once, then measure; add baking powder, and sift three times. Cream butter and sugar thoroughly; add eggs, well beaten, then flour and milk alternately; bake in two layers about thirty to thirty-five minutes at 350° F.

Filling

To the well beaten white of 1 egg add 2 cups of powdered or confectioner's sugar and the grated pulp of 1 sour apple. Spread this between and on top of layers on which 2 bananas have been sliced.

Do Not Experiment-Use Calumet

CALUMET ASSORTED CAKE SQUARES

2 cups flour
2 level teaspoons Calumet Baking Powder
1 cup granulated sugar
1/4 cup butter
1/2 cup milk
Whites of 3 eggs
1/2 teaspoon vanilla

Sift flour once, then measure; add baking powder; sift three times and set to one side. Cream butter and sugar, add milk and flour alternately and beat very hard. Fold in beaten whites. Bake in 2-inch square cake pan thirty to thirty-five minutes at 350° F. in a moderate oven. When cool cut in squares and set away until icing is ready. Put icing (page 32) in bowl over tea kettle and dip in squares.

CALUMET CHECKER-BOARD CAKE

Light Part

2 cups flour
2 level teaspoons Calumet Baking Powder
1 1/4 cups granulated sugar
1/2 cup butter
1/2 cup water or milk
1 teaspoon vanilla
Whites of 4 eggs

Cream butter and sugar, add water and dry ingredients alternately, then whites of eggs and mix carefully.

Dark Part

2 cups flour
2 level teaspoons Calumet Baking Powder
1 cup brown sugar
1/2 cup butter
1/2 cup water or milk
1/2 teaspoon each of cloves, cinnamon and nutmeg
Yolks of 4 eggs, well beaten
Lastly, 1 ounce of melted chocolate

Sift flour once, then measure; add baking powder, and sift three times; cream butter and sugar; add yolks and beat hard, then flour and water alternately; add chocolate and stir slightly. Put in square layer pans in strips, light and dark alternately, and place together dark to light. Bake twenty-five to thirty minutes in moderate oven, at 325°-350° F.

Icing

One and one-half cups of confectioner's sugar, with just enough cream to spread; flavor with vanilla.

CALUMET CAKE WITH CHOCOLATE FROSTING

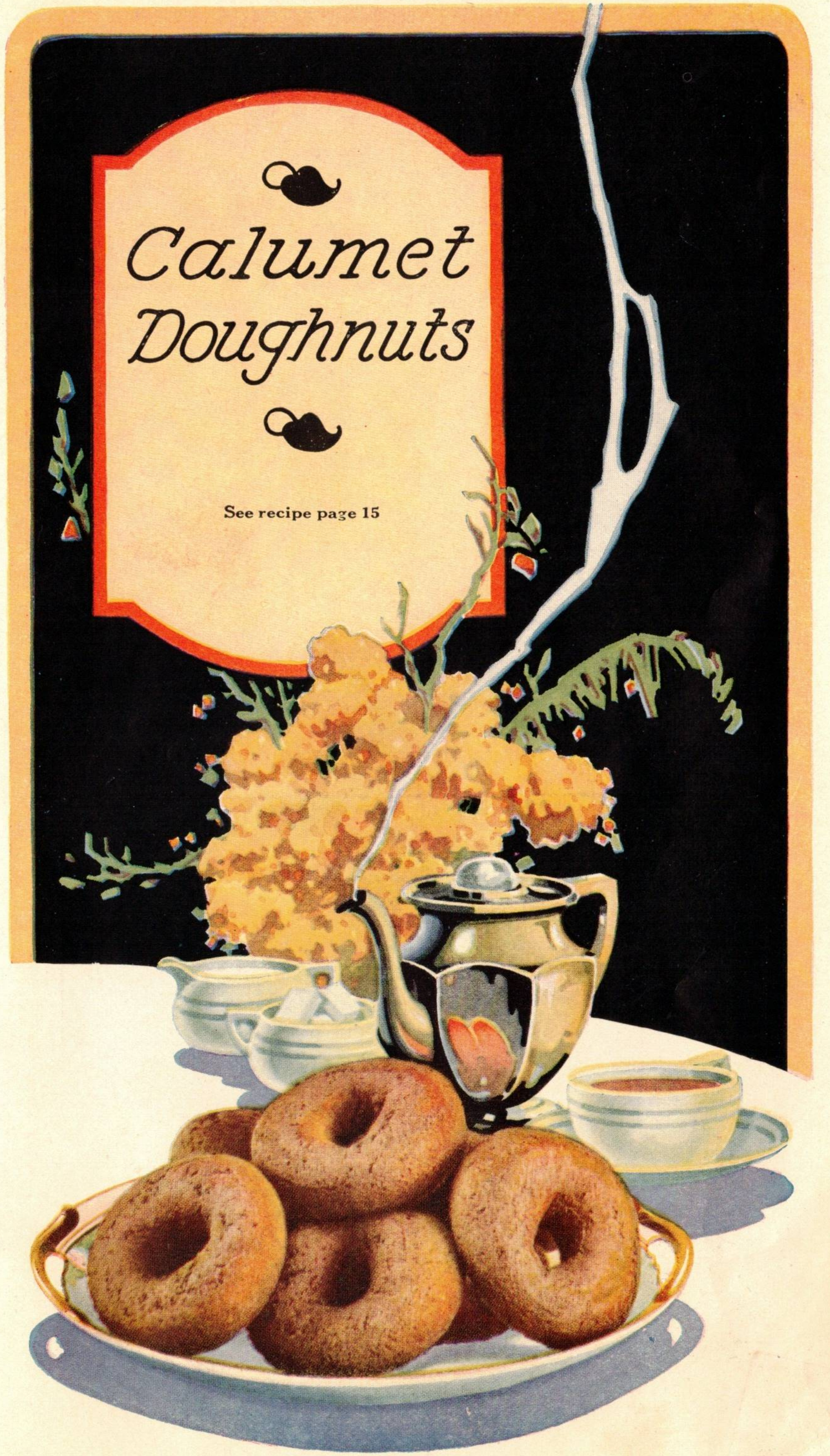
3/4 cup butter
1 1/4 cups sugar
2 1/2 level teaspoons Calumet Baking Powder
1/6 level teaspoon salt
2 1/2 cups sifted flour
3/4 cup milk
4 eggs

Cream butter, add sugar, then add well beaten egg yolks. Mix and sift dry ingredients and add alternately with milk to first mixture. One-half teaspoon of vanilla may be added. Fold in beaten egg whites. Pour into greased tins and bake in a moderate oven (325°-350° F.) thirty minutes. (See illustration, page 72.)

CHOCOLATE FROSTING

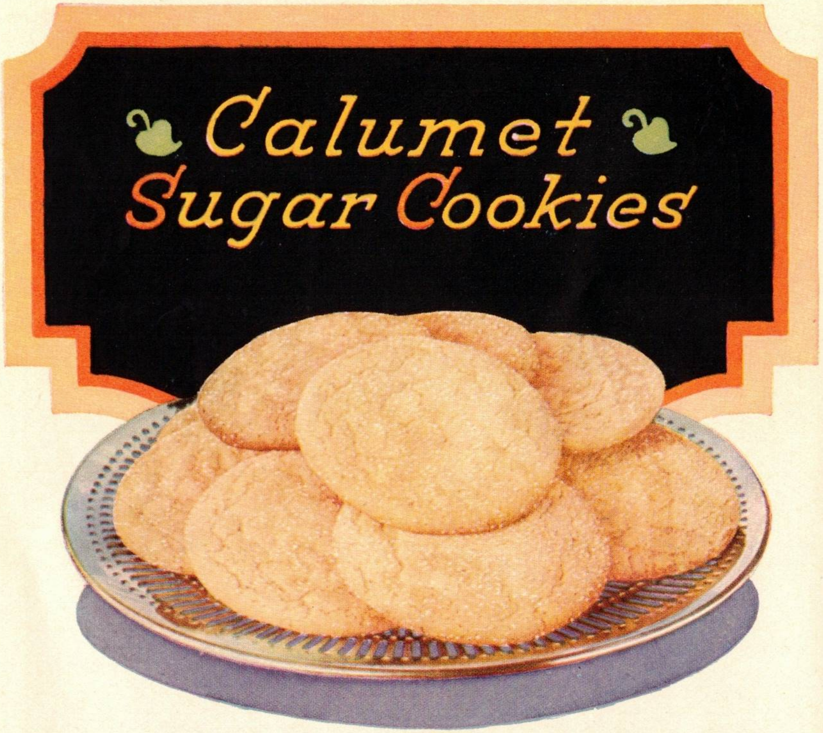
3 1/2 squares unsweetened chocolate
2 cups powdered sugar
5 tablespoons milk
Yolks of 2 eggs
1 teaspoon vanilla

Melt chocolate over hot water, add one-half the sugar, and milk; add remaining sugar, and yolk of egg; then cook in double boiler until it thickens, stirring constantly at first, that the mixture may be perfectly smooth. Cool slightly, flavor and spread.

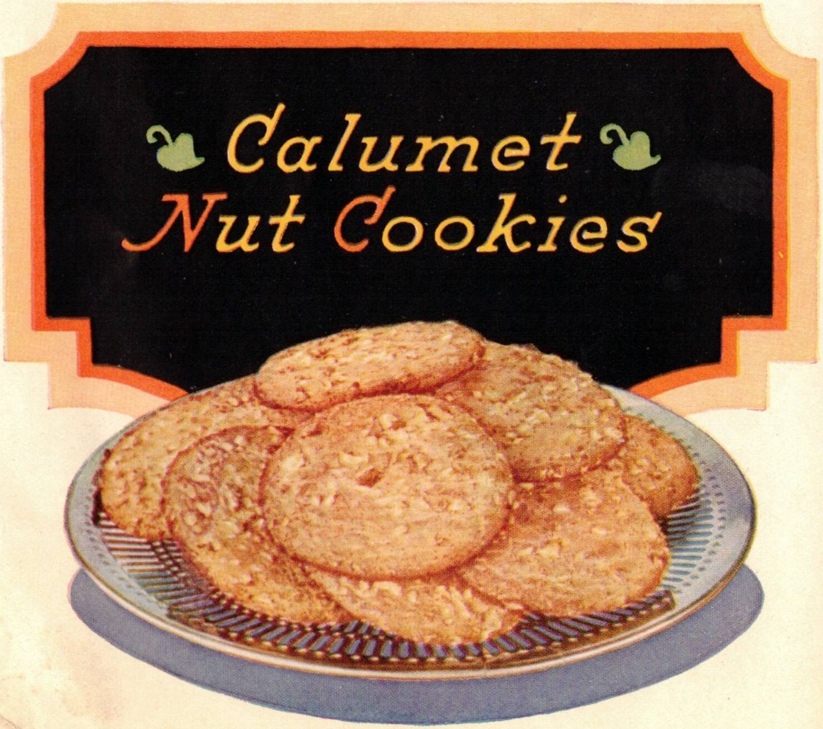


Calumet Doughnuts

See recipe page 15



See recipe page 28



See recipe page 28

Has Greater Leavening Strength.

CALUMET CREAM CAKE

3 cups flour
3 level teaspoons Calumet Baking Powder
½ cup butter
1¼ cups granulated sugar
Yolks of 3 eggs
¾ cup cold water or milk
1 teaspoon orange extract
Whites of 3 eggs

Sift flour once, then measure; add baking powder and sift three times; cream butter and sugar, add well beaten yolks, then flour and water alternately, then extract; beat long and hard and fold in lightly the well beaten whites. Bake in moderately slow oven (325° F.) for thirty to thirty-five minutes. (See illustration, page 62.)

Filling

1 egg white
2 cups confectioner's sugar
1½ tablespoons cream
¼ teaspoon lemon extract

Put egg, milk and extract into bowl. Gradually add sugar, beating long and hard.

CALUMET CREAM PUFFS

½ cup butter
1 cup boiling water
1 cup flour
4 eggs

Place butter and water in saucepan on range; as soon as it boils add flour and stir until well mixed; stir until it forms a ball and leaves the sides of pan. Set off to cool (not cold), add 1 egg, beat five minutes, another egg and beat five minutes, and so on until eggs are all used up in batter. The more thoroughly mixture is beaten after the addition of egg, the lighter is the result obtained. Drop mixture on oiled, shallow pan, bake in moderate oven forty to fifty minutes, at 325°–350° F. When cool make incision and fill with whipped cream or cream filling. (This should make fifteen puffs.) (See illustration, page 29.)

CHOCOLATE ECLAIRS

Follow same recipe for Calumet Cream Puffs—the only difference being the shape. When dropping the mixture on the greased pans, spread in lengthwise shape instead of round. When baked fill with cream filling and cover with chocolate frosting.

Cream Filling

1½ cups milk
3 tablespoons sugar
3 tablespoons cornstarch
3 tablespoons flour
1 level tablespoon butter
¼ level teaspoon salt
1 teaspoon vanilla
1 whole egg

Mix flour, cornstarch and sugar, add to well beaten egg. Pour on the milk, heated to scalding. Return to double boiler and cook until thick, let cool, add extract and fill cream puffs.

CALUMET DEVIL'S FOOD CAKE

2 cups brown sugar
½ cup shortening
2 level teaspoons Calumet Baking Powder
½ level teaspoon soda
1 level teaspoon salt
¾ cup sour milk
2½ cups pastry flour
2 eggs
1 teaspoon vanilla
2 squares bitter chocolate
1 cup hot water

Sift together dry ingredients. Add milk, melted shortening and drop in eggs. Mix well. Cook chocolate and hot water until thick. Add to cake mixture with flavoring. Put into three layer pans and bake in a moderate oven (375°) for twenty-five minutes; in loaf at 350° for forty-five minutes.

Make A "Best By Test" Trial Now

CARAMEL CREAM CAKE

2 cups flour
2 level teaspoons Calumet Baking Powder
1 cup sugar
½ cup butter
½ cup milk
Whites of 4 eggs
1 teaspoon vanilla

Sift flour, then measure; add baking powder, and sift three times. Cream sugar and butter thoroughly, add flavoring, then flour and milk alternately; lastly add the stiffly beaten whites. Bake in two layers twenty-five to thirty minutes at 350°–375° F.

CARAMEL FILLING

1⅓ cups granulated sugar
⅔ cup brown sugar
⅓ cup butter
⅔ cup cream

Mix ingredients and boil thirteen minutes without stirring Beat until of the right consistency to spread. One-half cup nut meats may be added, if desired.

CALUMET COCOANUT LAYER CAKE

1¼ cups sugar
1¾ cups sifted flour
½ cup butter
2 teaspoons Calumet Baking Powder
5 egg whites
⅔ cup milk

Same method as Caramel Cream Cake. (See illustration, page 51.)

BOILED FROSTING

3 cups sugar
1⅓ cups water
2 egg whites
½ teaspoon vanilla

Cook sugar and water until it hairs. Beat egg whites until stiff. Pour syrup slowly upon the egg whites, beating constantly all the while the syrup is being added to the egg. Beat frosting with Dover egg beater until the frosting becomes too thick to manage beater, then use spoon and beat until very thick. Add flavoring and when cool spread on cake.

COLD WATER CAKE

¼ cup butter
1 cup sugar
2½ cups flour
1 cup cold water
3 eggs
½ teaspoon salt
2½ level teaspoons Calumet Baking Powder

Stir butter and sugar to a cream. Add to this yolks of eggs, well beaten. Add water, a little at a time, alternating with flour, which should be well sifted with salt and baking powder. Put in last whites of eggs, well beaten, and stir batter lightly until well mixed. Bake in moderate oven (325°–350° F.).

SPONGE CAKE

Yolks 6 eggs
1 cup sugar
1 tablespoon lemon juice
¼ teaspoon salt
Whites 6 eggs
1 cup flour
Grated rind of ½ lemon

Beat yolks until thick and lemon colored, add sugar, gradually, and continue beating, using egg beater; add lemon juice, rind, and whites of eggs, beaten until stiff and dry; partially mix yolks with mixture, remove beater, and carefully cut and fold in flour and salt which have been sifted twice. Bake in Angel Cake pan, one hour in slow oven at 325° F.

Meets Every Baking Requirement

CREAM SPONGE CAKE

3 eggs, beaten separately
1½ cups sugar
1½ cups flour
Pinch of salt
2 level teaspoons Calumet Baking Powder
½ cup boiling water
1 teaspoon vanilla

Mix in order given, sifting flour, salt, and baking powder together. Beat well. Bake in layers and fill with following: Bake in hot oven (375°–400° F.).

Cream Filling

1 cup milk
1 tablespoon butter
1 egg yolk, well beaten
2 tablespoons sugar
2 tablespoons flour
1 teaspoon vanilla
Pinch of salt

Mix flour and sugar with two tablespoons of milk, add yolk and beat well. Boil rest of milk and butter, and add to this first mixture, stirring constantly. Cook until thick and creamy. Cool and spread on cake.

HOT WATER SPONGE CAKE

1¾ cups flour
1½ level teaspoons Calumet Baking Powder
3 eggs
½ cup boiling water
2 teaspoons lemon extract
1 cup sifted granulated sugar

Sift flour once, then measure; add baking powder and sift three times; beat yolks until thick and lemon colored; beat whites until stiff; put whites in mixing bowl; add yolks to whites, beat in sugar; then fold the flour in lightly, add flavoring and hot water, and bake in slow oven (325° F.) in an ungreased pan about forty minutes.

FAIRY LOAF CAKE

1½ cups flour
2 level teaspoons Calumet Baking Powder
1 cup granulated sugar
½ cup cornstarch
½ cup milk
½ cup butter
Whites of 4 eggs
¼ teaspoon almond extract
½ teaspoon vanilla

Sift flour once, then measure; add baking powder and cornstarch and sift three times; cream butter and sugar; add well beaten whites, flavoring; then flour and water alternately and beat hard. Bake in two-inch pan in moderate oven about forty minutes, at 325°–350° F.

FRENCH NOUGAT CAKE

3 cups sifted flour
3 level teaspoons Calumet Baking Powder
2 squares melted chocolate
1 cup water or milk
Pinch of salt
1¾ cups sugar
½ cup butter
4 eggs

Cream butter and sugar, add eggs, then milk; add flour sifted with the baking powder; mix all together thoroughly, then add the melted chocolate. Bake in paper lined molds in a moderate oven, at 325°–350° F.

FRUIT CAKE

2 lbs. raisins
2 lbs. currants
1 lb. brown sugar
⅜ lb. citron
4 level teaspoons Calumet Baking Powder
¼ lb. butter
3 eggs
½ cup molasses
1 cup milk
4 cups flour
½ nutmeg, grated
½ teaspoon allspice

Cream butter, sugar and eggs, add molasses and milk, then 2 cups of flour. Mix fruit with 1 cup of flour, add spices and flavorings; lastly add cup of flour well sifted with baking powder. Bake in a slow oven (325° F.).

FRUIT CAKE (LIGHT)

½ cup butter
1 cup sugar
½ cup raisins, seeded and chopped fine
4 egg whites
2 cups flour
3 level teaspoons Calumet Baking Powder
½ cup milk
2 ounces citron, cut fine
⅓ cup walnuts, cut in pieces

Mix like Snow Cake (see page 25), adding the fruits and nuts after the butter and sugar. Use any frosting. Bake in paper lined pan in moderate oven (325°–350° F.) forty-five minutes to an hour.

GERTRUDE'S FAVORITE CAKE

3 cups flour
2½ level teaspoons Calumet Baking Powder
½ level teaspoon salt
¾ cup butter
¾ cup water
4 eggs
Flavoring
1½ cups granulated sugar

Sift flour, baking powder and salt three times. Cream sugar and butter, beat in 1 egg, add a little of flour and water, beat well, continue this process until you have used all eggs; add flavoring last. Bake in moderate oven for an hour, at 325°–350° F.

JELLY CAKE

3 eggs
1 cup flour
1 level teaspoon Calumet Baking Powder
1 cup powdered sugar
3 tablespoons milk
Pinch of salt

Sift flour, salt and baking powder together thoroughly. Beat whites and yolks of eggs separately. Mix sugar with beaten yolks, and add sifted flour, stirring gently; then add whites of eggs and milk. Mix thoroughly and pour into three shallow pans and bake for fifteen minutes in a hot oven (375°–400° F.); when cold spread with currant jelly, place each layer on top of the other, and sift powdered sugar on top.

LEMON CREAM CAKE

3½ cups flour
3½ level teaspoons Calumet Baking Powder
½ cup butter
1½ cups sifted granulated sugar
Juice of ½ lemon
Rind of 1 whole lemon
1 cup cold water or milk
Whites of 4 eggs

Sift flour once, then measure, add baking powder and sift three times; cream butter and sifted sugar thoroughly, add grated rind, then put lemon juice in cup, add water to make a full cup, now add flour and water alternately, beating thoroughly, last fold in well-beaten whites of the 4 eggs. Bake in moderate oven thirty to thirty-five minutes, at 325°–400° F. Use lemon filling (see page 31).

MAPLE SUGAR ROLL

4 cups flour
4 level teaspoons Calumet Baking Powder
1 level teaspoon salt
2 tablespoons butter
1⅓ cups milk
¼ lb. shaved maple sugar

Sift flour, then measure; add baking powder, and sift three times; chop butter into flour, mix with milk, turn out on board, roll out ¼-inch thick, spread with shaved maple sugar, press with rolling-pin, then roll up like jelly roll, and cut from end one-inch pieces. Bake in quick oven (400°–450° F.). Serve hot with butter.

MARBLE CAKE

White Part—1½ cups sugar, ½ cup butter, ½ cup sweet milk, whites of 4 eggs, 3 cups of flour, 3 level teaspoons Calumet Baking Powder.
Dark Part—1 cup brown sugar, ½ cup molasses, ½ cup butter, ½ cup sweet milk, yolks of 4 eggs, 2½ cups flour, 3 level teaspoons Calumet Baking Powder, ½ teaspoon each of cloves, allspice, nutmeg and cinnamon.
Mix the white part and the dark part separately. Fill pans alternately with the two batters so as to get the marbled appearance and bake in a moderate oven, at 325°–350° F.

ORANGE CREAM CAKE

3 cups flour
3 level teaspoons Calumet Baking Powder
½ cup butter
1¼ cups granulated sugar
Yolks of 3 eggs, well beaten
Juice of 1 orange in cup—fill cup with water or milk (making 1 full cup moisture)
Rind of whole orange
Whites of 2 eggs

Sift flour once, then measure, add baking powder, sift three times; cream butter and sugar, add grated rind, then yolks (well beaten), add flour and water alternately, beating thoroughly, lastly add the well beaten whites of eggs. Bake in moderate oven forty-five minutes at 325°–350° F.

Orange Cream Icing

White of 1 large egg; juice of 1 large orange; 2 cups confectioner's sugar. Put egg and orange juice in deep bowl, add sugar gradually, beat until creamy and of consistency to spread. Spread on cake when cool.

SNOW CAKE

¼ cup butter
½ cup granulated sugar
2 egg whites
½ cup milk
1⅔ cups flour
2 level teaspoons Calumet Baking Powder
½ teaspoon vanilla

Cream butter, add gradually sugar and vanilla. Sift flour and baking powder together thoroughly and add to the first mixture alternately with the milk. Beat egg whites to a stiff froth and add after flour. Bake in a moderate oven forty-five minutes, at 325°–350° F. Cover with boiled frosting.

SPANISH BUNS

Two and one-half cups brown sugar, ½ cup butter, 1 cup milk, 4 egg yolks (saving the whites for frosting), 2½ cups flour, 2 level teaspoons Calumet Baking Powder, 1 teaspoon nutmeg, 1 teaspoon cloves, 1 teaspoon vanilla; mix as for cake; bake in a dripping pan forty-five minutes; cut in squares and frost.

SPICE CAKE

½ cup shortening
1 cup sugar
2 cups flour
2 level teaspoons Calumet Baking Powder
½ teaspoon nutmeg
½ teaspoon cinnamon
½ level teaspoon salt
¾ cup water
Yolks of 4 eggs, or 2 whole eggs

Cream fat and sugar thoroughly, and add eggs. Sift together three times flour, baking powder, spices and salt; and add alternately with water. Raisins may be added if desired. Place in moderate oven and gradually increase the heat from 325°–350° F. Bake forty-five minutes.

Millions Use Calumet-Do You?

SUNSHINE CAKE

½ cup butter or substitute
1½ cups granulated sugar
2½ cups flour
½ cup water
2½ level teaspoons Calumet Baking Powder
1 teaspoon lemon juice and grated rind
Yolks of 9 eggs

Cream fat and sugar thoroughly, beat eggs and add to butter and sugar. Sift flour before measuring, then sift flour and baking powder together three times, and add alternately with water to other ingredients. Bake in a slow oven (325° F.) fifty to sixty minutes, in an ungreased Angel Food pan.

WHITE CAKE

¾ cup shortening
1 cup milk
4 egg whites
3 cups flour
1¼ cups sugar
3 level teaspoons Calumet Baking Powder
1 level teaspoon salt

Cream fat and sugar. Add milk alternately to flour, baking powder and salt, sifted thoroughly. Add whites of eggs or fold in, last, stirring gently. Use any flavoring to suit taste. Bake in layer-cake pans thirty minutes at 325° F.

WHITE LOAF CAKE

½ cup butter
1¼ cups sugar
Whites of 4 eggs
2 cups flour
¾ cup milk
2 level teaspoons Calumet Baking Powder
¼ teaspoon almond extract

Sift flour once and measure; add baking powder and sift five or six times. Sift sugar, then measure. Cream butter and sugar together thoroughly, then add flour and milk alternately, a little at a time, then flavoring. Fold in carefully the stiffly beaten whites of eggs, and bake in ungreased angel cake pan or two loaf pans, forty to sixty minutes at 350° F. Add 1 cup chopped nut meats if a Nut Loaf Cake is desired.

ALMOND DROP CAKES

3 cups flour
3 level teaspoons Calumet Baking Powder
1 teaspoon cinnamon
Pinch of salt
¾ cup sugar
¾ cup blanched and chopped almonds
Yolks of 3 eggs
⅔ cup melted fat
1 cup milk
2 eggs

Sift flour once, then measure, add baking powder, cinnamon and salt, and sift three times into mixing bowl. Add sugar, nuts, then eggs, fat, milk and flour, beat all together thoroughly, drop in small spoonfuls on well-oiled pan and bake in a hot oven until light brown at 375°–400° F.

OATMEAL DROP COOKIES

½ cup butter or margarin
½ cup brown sugar
1 egg
⅓ cup milk
1 cup pastry flour
1 teaspoon Calumet Baking Powder
1 cup raisins, chopped fine
1 cup rolled oats
⅛ teaspoon nutmeg
¼ level teaspoon salt

Cream the butter and sugar together and add the egg well beaten and the milk. Put the oats through the food chopper and add this to the dry ingredients sifted together. Then combine the mixture and add the raisins. Drop from a teaspoon onto a greased baking sheet and bake in a moderate oven (375° F.) for about twenty minutes.

Never Touched By Human Hands

DEVIL'S FOOD CAKE

First Part

1 cup dark brown sugar
½ cup butter
3 egg yolks
½ level teaspoon soda

Cream sugar, butter and soda together, then add the eggs.

Second Part

1 cup dark brown sugar
⅔ cup grated chocolate
1 cup sweet milk

Put sugar, chocolate and half of the milk together. Set on the fire and let come to a boil. Take from fire and add the other half cup of milk; then add all of the second part to the first part.

Third Part

2 cups flour
¼ level teaspoon salt
1 level teaspoon Calumet Baking Powder

Sift flour, baking powder and salt together three times. Add this to the first and second parts and mix well. Bake in moderate oven (325°–350° F.).

CALUMET GOLD CAKE

Yolks of 8 eggs
1¼ cups granulated sugar
⅔ cup water
½ cup butter
2½ cups flour
3 level teaspoons Calumet Baking Powder
1 tablespoon vanilla

Sift flour once, then measure, add baking powder and sift three times. Sift sugar, then measure. Cream butter, add sugar gradually and cream thoroughly. Beat yolks until thick and lemon-colored, add these to butter and sugar and stir thoroughly. Add water and flour alternately, flavor and beat vigorously. Put in slow oven until raised to the top of the pan and increase the heat, and brown. Bake forty to sixty minutes in an ungreased mold (325°–350° F.). (See illustration, page 61.)

CALUMET JELLY ROLL

3 eggs beaten separately
1 cup sugar
1½ cups flour
2 level teaspoons Calumet Baking Powder
½ cup warm water
Flavoring

Sift flour once, then measure; add baking powder and sift three times; beat whites stiff; fold in sugar, fold in beaten yolks, add water, then mix in flour lightly. Bake in shallow pan in hot oven twenty-five minutes at 350°–375° F. When baked spread quickly with jelly, and roll carefully in napkin. (See illustration, page 62.)

CALUMET LADY BALTIMORE CAKE

¾ cup butter
2 cups sugar
1 cup milk
1 teaspoon lemon or rose flavoring
3½ cups flour
3½ level teaspoons Calumet Baking Powder
Whites of 6 eggs, beaten stiff

Cream butter and add sugar gradually. Sift together baking powder and flour three times, and add to butter and sugar alternately with milk and flavoring. Fold in egg whites last. Bake in three layers at 350°–375° F. Use following icing:

3 cups granulated sugar
1 cup boiling water
Whites of 3 eggs
1 cup chopped raisins
1 cup chopped nut meats
½ cup chopped citron
½ cup candied cherries, cut fine
2 tablespoons lemon juice

Stir the sugar and water until the sugar is dissolved, then let boil without stirring until the syrup will thread from a spoon, pour upon whites of eggs, beaten stiff, beating constantly all the time. Continue beating until icing is cold; add fruit and spread on cake.

CALUMET NUT COOKIES

1/3 cup butter
1/2 cup sugar
2 eggs
1 cup flour
1 level teaspoon Calumet Baking Powder
3/4 cup chopped nuts
1 teaspoon lemon juice

Cream butter and add sugar and eggs well beaten. Sift flour and baking powder together. Add first mixture; then add nuts and lemon juice. Drop from a spoon on an unbuttered baking sheet, leaving an inch space between them. Sprinkle with chopped nuts and bake in a hot oven (425° F.). This will make two dozen cookies. (See illustration, page 20.) These cookies will not be shaped like Rocks or Hermits. Add more flour if so desired.

CALUMET SUGAR COOKIES

2 cups sugar
1 cup shortening
3 eggs
3 tablespoons water or milk
3 level teaspoons Calumet Baking Powder
1 teaspoon nutmeg
1/2 teaspoon cloves
3 cups flour

Cream fat and sugar, beat in whipped eggs, add baking powder and 1 cup flour, then water and spices; add remaining flour gradually, working in more flour until dough is stiff enough to roll. Sprinkle flour over pastry board. Make a ball of dough, and lay it on the board. Rub rolling pin with flour and roll out dough into a sheet 1/4-inch thick. Cut in round cakes, sift granulated sugar over each, and bake quickly at 400°–450° F. (See illustration, page 20.)

MOLASSES DROP COOKIES

3/4 cup butter substitute or lard substitute
3/4 cup brown sugar
1 egg
3/4 cup sorghum or molasses
3/4 cup sour cream or sour milk
1 level teaspoon salt
3 1/2 cups flour
2 level teaspoons cinnamon
2 level teaspoons ginger
1 level teaspoon soda
1 level teaspoon Calumet Baking Powder
1/2 level teaspoon ground cloves

Cream the fat, add the brown sugar and egg and beat for two minutes. Add the molasses and sour milk. Mix and sift the flour, cinnamon, ginger, soda, salt and cloves. Add to the first mixture. Drop from the end of a spoon onto a greased baking sheet. Space two inches apart. Bake in a moderate oven for fifteen minutes. (Watch the baking so the cookies will not burn.)

VANILLA WAFERS

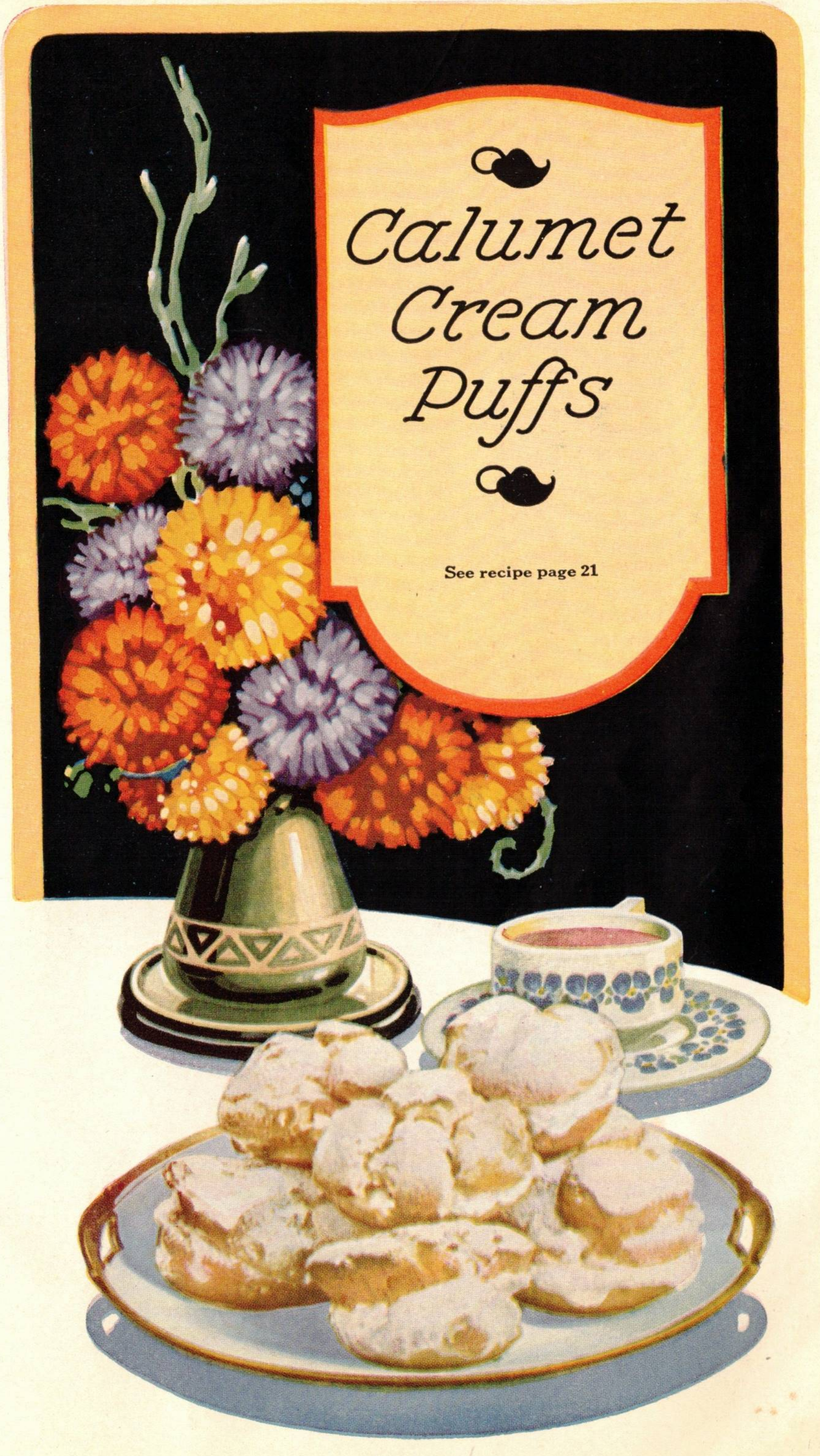
1/3 cup butter and lard mixed
1 cup sugar
1 egg, well beaten
1/4 cup milk
2 level teaspoons Calumet Baking Powder
1/2 level teaspoon salt
2 teaspoons vanilla
2 1/4 cups flour

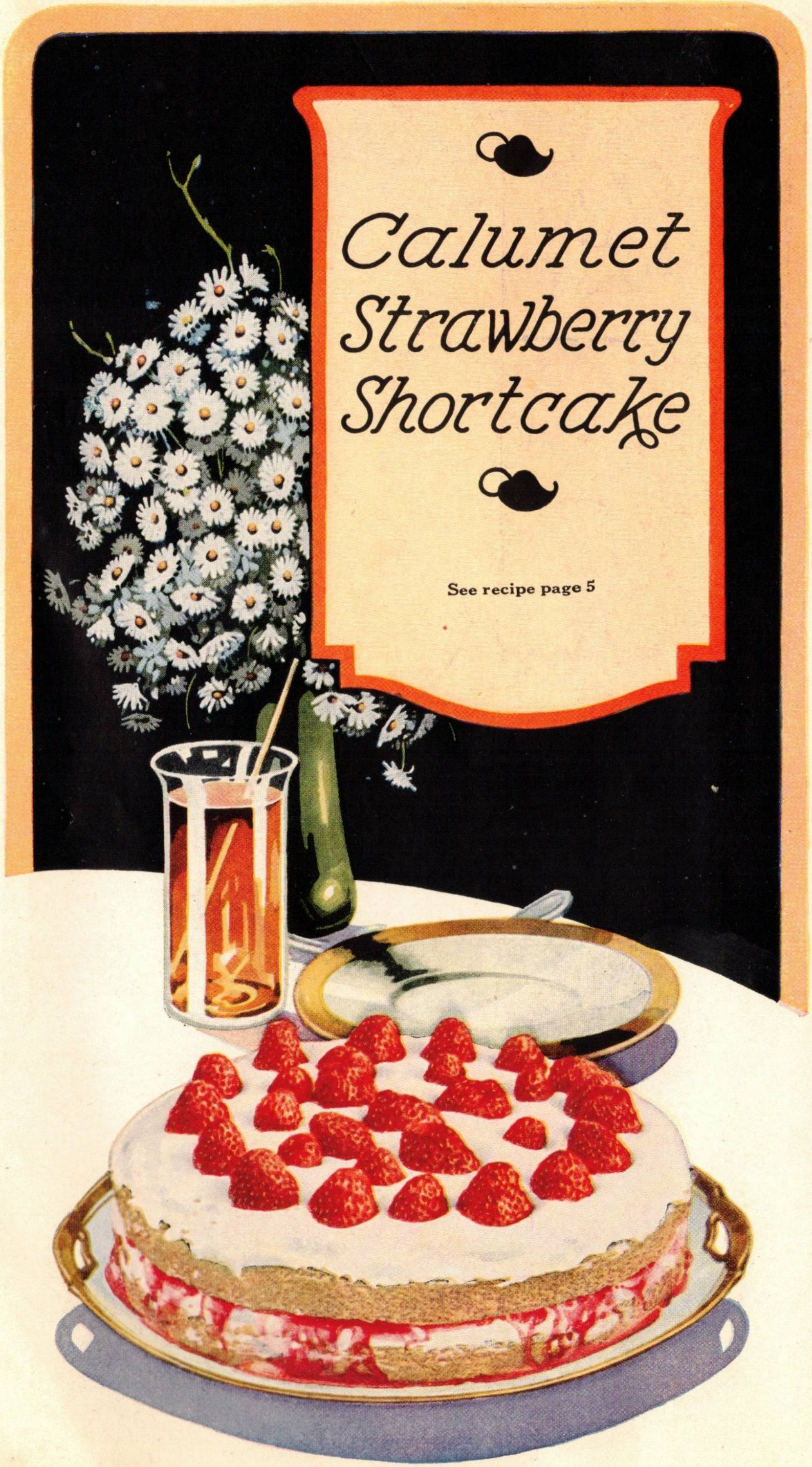
Cream butter, add sugar, milk and vanilla. Sift together thoroughly the flour, baking powder, salt, and add. Roll as thin as possible, cut with round cutter, and bake in a moderate oven, at 325°–350° F.

HERMITS

2/3 cup butter
1 cup sugar
2 eggs
1 3/4 cups flour
1 level teaspoon Calumet Baking Powder
1 teaspoon each of cloves, allspice and cinnamon
1 cup seeded raisins
2 tablespoons chopped citron
1/4 level teaspoon salt

Cream shortening, add sugar. Add well beaten eggs; mix well. Sift dry ingredients together and add slowly to the first mixture. Dredge fruit with flour and add. Drop by spoonfuls on greased tins, bake in moderate oven at about 350° F., fifteen minutes.





Calumet Strawberry Shortcake

See recipe page 5

CALUMET
BAKING POWDER

Cake Fillings & Frostings

CARAMEL FILLING

1 lb. brown sugar
$1/2$ cup milk
2 eggs
Vanilla

Boil sugar and milk until it will harden when dropped into cold water. Beat yolks of eggs and whites separately and then combine them. Gradually pour the hot syrup over them, beating all the time. Add flavoring and beat until cool and quite thick.

CHOCOLATE FILLING

$1\frac{1}{2}$ squares chocolate
1 cup powdered sugar
3 tablespoons milk
$1/2$ teaspoon vanilla

Melt the chocolate, add one-half of the sugar, and the milk. Stir until smooth. Add the remainder of the sugar and cook over hot water twenty minutes, then add the vanilla.

COCOANUT FILLING

2 eggs
Confectioner's sugar
Grated cocoanut

Beat egg whites until stiff, add enough powdered sugar to spread. Spread on cake and sprinkle with grated cocoanut. Use for a layer cake, having filling between and on top.

CREAM FILLING

1 cup sugar
$1/3$ cup flour
$2\frac{1}{2}$ cups milk
1 teaspoon vanilla
2 eggs, well beaten

Mix sugar, flour and eggs, and stir into hot milk. Cook in top of a double boiler about ten minutes. Add vanilla.

FIG FILLING

One-half pound of figs chopped fine, 6 tablespoons of sugar, $1/3$ cup of orange juice, rind of half an orange; cook in double boiler until the thickness of cream.

LEMON FILLING

$3/4$ cup water
$1/4$ cup sugar
Juice $1/2$ lemon
Rind $1/2$ lemon

Bring these to a boil and then stir in $1/4$ cup of sugar and 2 tablespoons of flour mixed together. Take from fire, add 1 egg well beaten, 1 teaspoon of butter; set back on fire until egg is set.

ORANGE FILLING

Juice of 1 orange, juice of $1/2$ lemon; fill cup with water, put in small pan, add $1/3$ cup of sugar, bring to a boil and stir in $1/3$ cup of sugar and 2 tablespoons of flour stirred together; take from fire and add 1 egg well beaten and 1 teaspoon of butter; set back on fire until egg is set.

PARISIAN CREAM

2 cups confectioner's sugar
$1/2$ cup butter
White of 1 egg
2 tablespoons burnt sugar

Cream until light.
Note: Wash salt from butter, or use unsalted butter.

Don't Guess ~ Use the Best ~ Be Sure

BOILED FROSTING

2 cups sugar
3/4 cups water
Stiffly beaten whites of 2 eggs
Lemon or vanilla

Boil sugar and water without stirring until it threads. Then gradually pour it into beaten eggs, beating rapidly until cool.

CHOCOLATE FROSTING

3/4 cup sugar
2 squares chocolate
3 tablespoons milk
1 egg yolk

Melt chocolate, add sugar and milk. Cook in a double boiler until smooth; add egg yolk and cook one minute. Spread on cake.

EGG FROSTING

Whites of 2 eggs
Confectioner's or pulverized sugar
Lemon juice

Put whites of 2 eggs in a bowl, add 1 tablespoon sifted confectioner's sugar, beat three minutes. Add another tablespoon sugar, beat again; continue until icing is very stiff and glossy, adding 1 teaspoon lemon juice. Spread on cake; let it stand till set.

ORANGE ICING

1 grated orange rind
1/2 teaspoon lemon juice
1 tablespoon orange juice
2 egg yolks
Confectioner's sugar

To grated rind add fruit juice. Let stand fifteen minutes; strain, and add slowly to beaten egg yolks. Stir in confectioner's sugar to spread.

BOILED MAPLE FROSTING

1 cup granulated sugar
1/2 cup water
1/2 cup brown sugar
1 egg white

Boil sugar and water without stirring until it hairs. Beat egg white until stiff. Pour on gradually the sirup, beating constantly. Continue beating frosting until cool and stiff. Add a couple of drops of vanilla and spread on cake.

PLAIN ICING

One cup sugar, 1/3 cup water. Boil until it hairs, pour on platters and cool eight minutes, then beat until creamy. Set in bowl over teakettle to soften for use.
Chocolate icing can be made by the same recipe, adding 1 ounce chocolate.
Cherry icing is made by same recipe, adding 5 drops of cherry fruit coloring.

MAPLE ICING

1/2 cup milk
1 1/2 cups sugar
1 tablespoon butter
1 teaspoon vanilla
1/4 cup maple syrup

Cook milk and sugar two minutes, add syrup and cook to soft ball stage. Remove from heat, add butter and vanilla. Cool and beat until creamy and thick enough to spread.

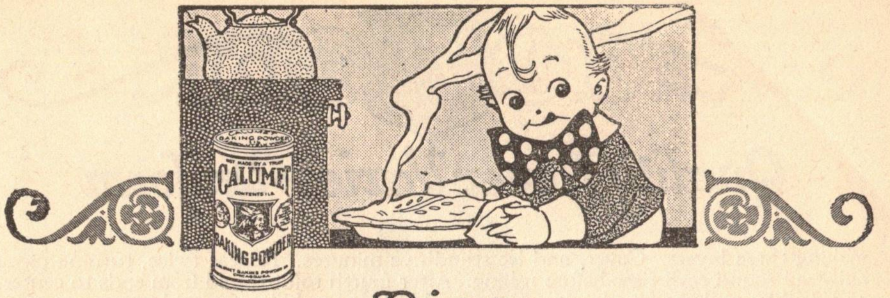
LEMON ICING

Juice of 1/2 lemon, 1 cup confectioner's sugar and milk to mix to the consistency to spread.

MOCHA FROSTING

1 cup powdered sugar
1 teaspoon cocoa
2 tablespoons butter
1/4 teaspoon vanilla
About 2 tablespoons cold coffee

Cream butter, add sugar and cocoa gradually. Add vanilla, then coffee gradually until the mixture is smooth, creamy and thick enough to spread.



Pies

PASTRY

Pastry is divided into two classes.
First, Puff Paste—Second, Plain Paste.
Puff Paste, which to many seems difficult to prepare, is seldom attempted by any except professionals. One who has never handled a rolling pin, however, is less liable to fail under the guidance of a good teacher, than an old cook who uses too much force in rolling the dough. A cold room, cold ingredients, rapid work and light touch are necessary.

General Rules for Pastry Making

To assure successful pastry for pies:

1. Use cold water, cold utensils and have the kitchen cool
2. Work quickly, mix very little, as kneading toughens.
3. Flour the board as little as possible.
4. Do not turn pastry and roll on both sides.
5. Have oven very hot (425°–500° F.) for baking pastry.
6. To prevent lower crust from absorbing the juice—sprinkle with flour and sugar or corn flakes.
7. Fats: (1) Lard makes white flaky crust; (2) Lard and butter give good flavor.

Pie crust is often made without baking powder, but it requires much skill and practice as well as more shortening to make it tender and flaky. And when a plainer and more economical crust is desired, the use of a little baking powder will produce the results required. If pastry flour is used the results will be found more satisfactory.

PLAIN PIE PASTE

3 cups flour
1/2 level teaspoon Calumet Baking Powder
1 level teaspoon salt
3/4 cup lard
Cold water

Sift together dry ingredients thoroughly. Work in lard with knife or rounding edge of a tablespoon or spatula. Moisten to a dough with cold water. Put lightly on floured board, and roll thin, ready for use.

PUFF PASTE

1 pound butter
Cold water
1 pound flour or 14 ounces bread flour

Wash the butter, pat and fold until no water flies. Reserve 2 tablespoons of butter, and shape remainder into a circular piece one-half inch thick, and put on floured board. Work 2 tablespoons of butter into flour with the tips of fingers of the right hand. Moisten to a dough with cold water, turn on slightly floured board, and knead five minutes. Cover with towel, and let stand five minutes.
Pat and roll one-fourth inch thick, keeping paste a little wider than long, and corners square. If this cannot be accomplished with rolling-pin, draw into shape with fingers. Place butter on center of lower half of paste. Cover butter by folding upper half of paste over it. Press edges firmly to enclose as much air as possible.
Fold right side of paste over enclosed butter, the left side under enclosed butter. Turn paste half-way round, cover, and let stand five minutes. Pat, and roll one-fourth inch thick, having paste longer than wide, lifting often to prevent paste from sticking, and dredging board slightly with flour when necessary. Fold from ends towards center,

Quality Never Varies~Uniform

making three layers. Cover, and let stand five minutes. Repeat twice, turning paste half-way round each time before rolling. After fourth rolling, fold from ends to center, and double, making four layers. Put in cold place to chill; if outside temperature is not sufficiently cold, fold paste in a towel, put in a dripping pan, and place between dripping pans of crushed ice. If paste is to be kept for several days, wrap in a napkin, put in tin pail and cover tightly, then put in cold place; if in ice box, do not allow pail to come in direct contact with ice. —*Boston Cooking School Cook Book.*

APPLE PIE

About 4 tart apples	**1 teaspoon extract lemon**
½ cup sugar	**Plain paste**

Peel, core and slice apples thin. Line pie plate with paste. Put in apples, sugar and a little water. Wet edges, cover with paste rolled out very thin. Bake in hot steady oven (350°–400° F.) until apples are cooked.

NOTE—Any green fruit pies can be made in similar manner to above.

NOTE—To prevent juice of pies boiling out into oven, wet the edges when upper and lower crusts are joined, with thin paste, made of 1 teaspoon flour and 3 of water, instead of clear water.

APPLE PIE—ENGLISH

About 14 apples	**½ cup butter**
1 cup sugar	**1 cup milk**
2 level teaspoons Calumet Baking Powder	**¼ level teaspoon salt**
	3 cups flour

Sift flour, salt and baking powder thoroughly. Work in butter cold. Add milk, making dough as for Calumet Biscuit (see recipe, page 4). Peel, core and quarter apples. Line stewpan with dough to within two inches of bottom; pour in 1½ cups water, apples and sugar. Wet edges and cover with rest of dough. Bake in hot oven (350°–400° F.) until apples are cooked. By placing stewpan on bottom of oven, the apples cook better. This can be flavored with lemon extract or spices, if desired.

APPLE CUSTARD PIE

Three cups milk, 4 eggs, 1 cup sugar, 2 cups thick stewed apples; strain through colander; beat eggs lightly, mix with the apples, flavor with nutmeg; bake with one crust for one-half hour at 350° F.

CALUMET FRUIT POCKETS

2 cups flour	**¼ level teaspoon salt**
2 level teaspoons Calumet Baking Powder	**3 level tablespoons butter**
	⅔ cup milk (scant)

Sift flour, then measure, add baking powder and sift three times, chop in butter and mix with milk to a soft dough, turn out on a well floured board, roll out ½ inch thick, cut the dough in ovals. On each put a spoonful of filling, brush edges of dough with white of egg, fold over to make a pointed oval cake, turn plain side up, press lightly to flatten. With a sharp knife make three short cuts across top. Sift over a little powdered sugar, place well apart on greased pans and bake in a quick oven (350°–400° F.) till pale brown.

Filling

¼ cup chopped raisins	**¼ teaspoon allspice**
¼ cup chopped citron	**¼ teaspoon cinnamon**
¼ cup chopped nut meats	**Pinch of cloves**
¼ cup currants	**2 tablespoons orange juice**
2 tablespoons granulated sugar	**1 tablespoon lemon juice**

Stir all ingredients together thoroughly.

WON BY THE
CALUMET
BAKINGPOWDER

MRS. W. E. FARLEY

Kentucky's most famous cake and pastry maker. The winner of twenty blue ribbon first prizes for cakes and pastries at the great Kentucky State Fair during the past seven years. Mrs. Farley is known throughout the South as an authority on cake making. She says:

"For 26 years I used the high-priced Trust Brand Baking Powder, and thought I was getting good results until I tried Calumet, the moderate-priced quality brand. I have used Calumet for years, and every baking is a big delightful surprise.

"Since I have been using Calumet Baking Powder I have won over ten prizes in Cake Baking contests, all in competition with many expert contestants.

"I won four prizes last year at the Kentucky State Fair. Recently I took first prize with my Calumet Cake in competition with Royal at the Cake Baking contest held in connection with the Cooking School conducted by Betty Lyle Wilson for the Louisville *Post*.

"I gladly recommend Calumet to every housewife for its purity, genuine wholesomeness, full economy and never-failing results."

Louisville, Ky. MRS. W. E. FARLEY.

Des Moines, Iowa.

"I wish to state for the benefit of the public that after several years' experience with Calumet Baking Powder in fine pastry, cake and biscuit making, both as a professional demonstrator and teacher and in the cuisine of my own home, I believe that Calumet Baking Powder is the best yet manufactured. It has never failed me, and I cannot say this of Royal, Price's or other brands now so extensively advertised."

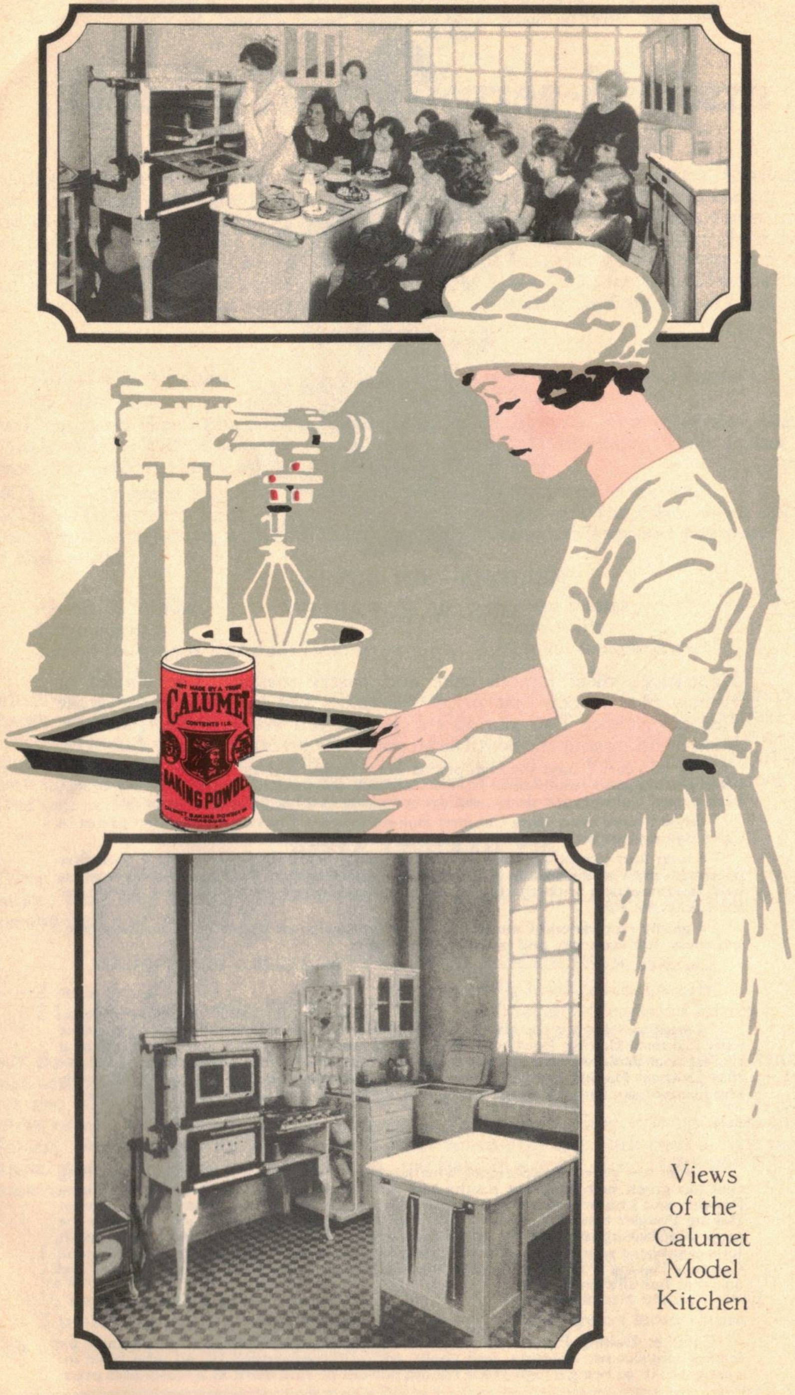
(Signed) Sarah Wharton Moore.

Chicago, Ill.

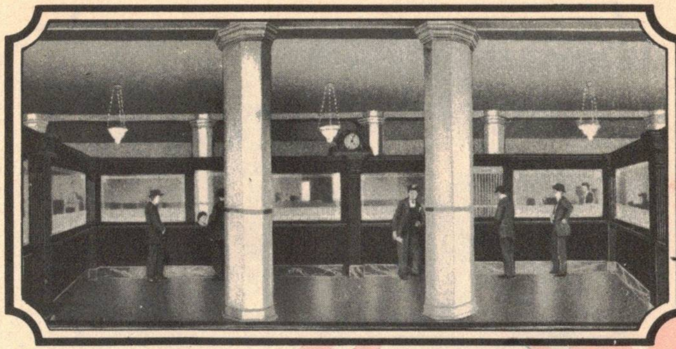
"In all my years of experience with food products I have never found anything that has given such excellent results and satisfaction as the use of Calumet Baking Powder, and I have used a number of brands worth considering. I have had Calumet Baking Powder tested chemically and find that perfect neutralization occurs in the process of baking and it gives one a pure wholesome baking. I have also tested it for a number of years practically and it has never failed me, and I heartily recommend Calumet Baking Powder to anyone wishing a pure, wholesome baking powder and one that has efficiency."

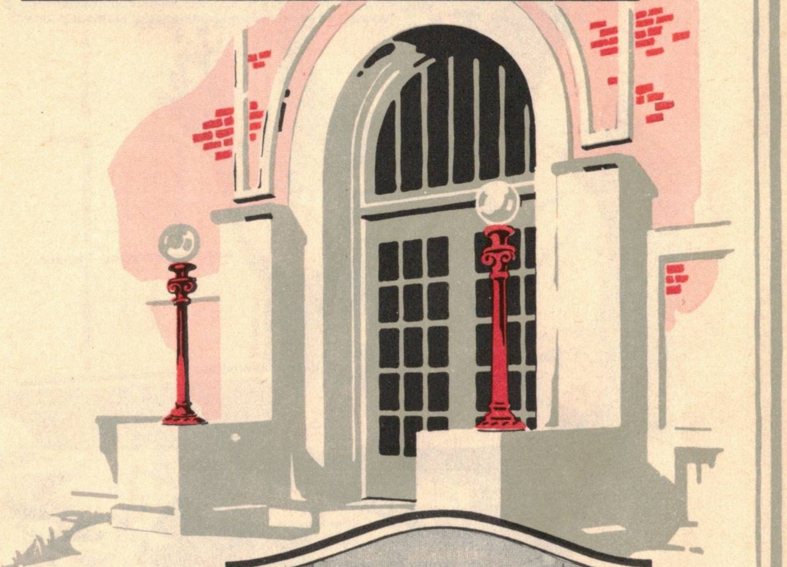
(Signed) Anna B. MacLouth.

Calumet Baking Powder has been tested both chemically and practically by leading physicians, chemists, and chefs, and is recommended by all who have investigated it, as being a high-grade baking powder of rare merit at a reasonable price.


TRADE MARK
CALUMET
CONTENTS 1 LB.
BAKING POWDER
CALUMET BAKING POWDER CO.
CHICAGO, ILL.

Views of the Calumet Model Kitchen



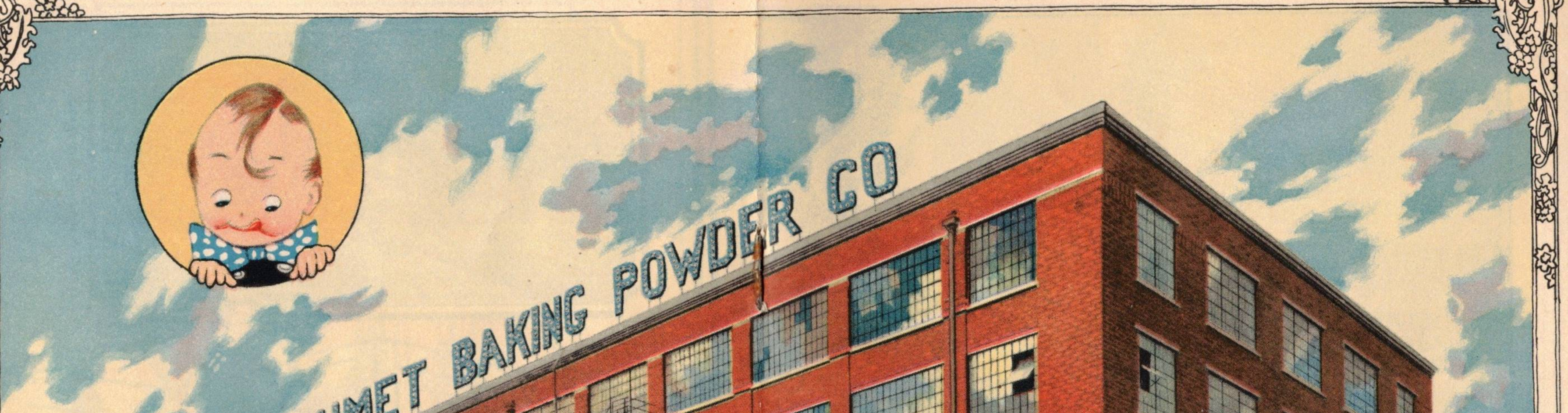


Main Entrance, Lobby and a glimpse of the General Offices, considered one of the most beautiful, modern and finely equipped in America.

Views of the Calumet Laboratories, where leading analytical chemists of America demand and enforce the highest standard of excellence in making Calumet the purest, most wholesome and most economical baking powder in the world.

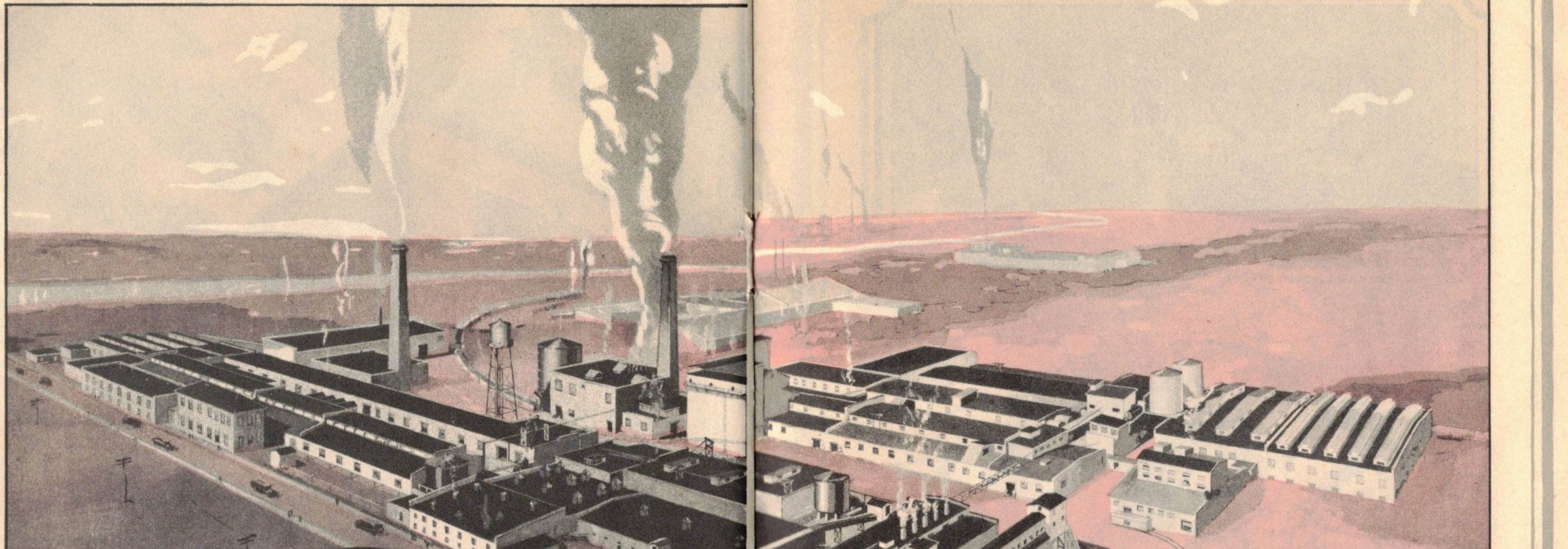
CALUMET
BAKING POWDER

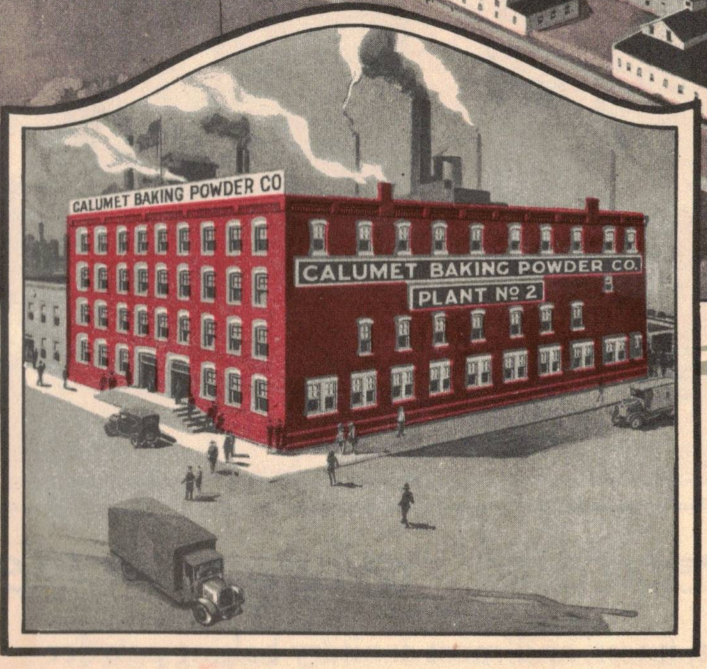
Other views of one of the most modern and completely equipped laboratories and bakeries in America. It is here that Calumet Baking Powder is tested by a baking in addition to being analyzed in the laboratory before it leaves the factory.


CALUMET BAKING POWDER CO
CALUMET BAKING POWDER COMPANY
CALUMET BAKING POWDER COMPANY

The Home of The World's Greatest Baking Powder

This immense plant, located in Chicago, is the largest, finest, and most sanitary baking powder plant in the world. It is devoted exclusively to the manufacture of Calumet Baking Powder. In this plant are also located the general offices, model kitchen, model bakeshop, and laboratories.





CALUMET BAKING POWDER PLANT No. 2

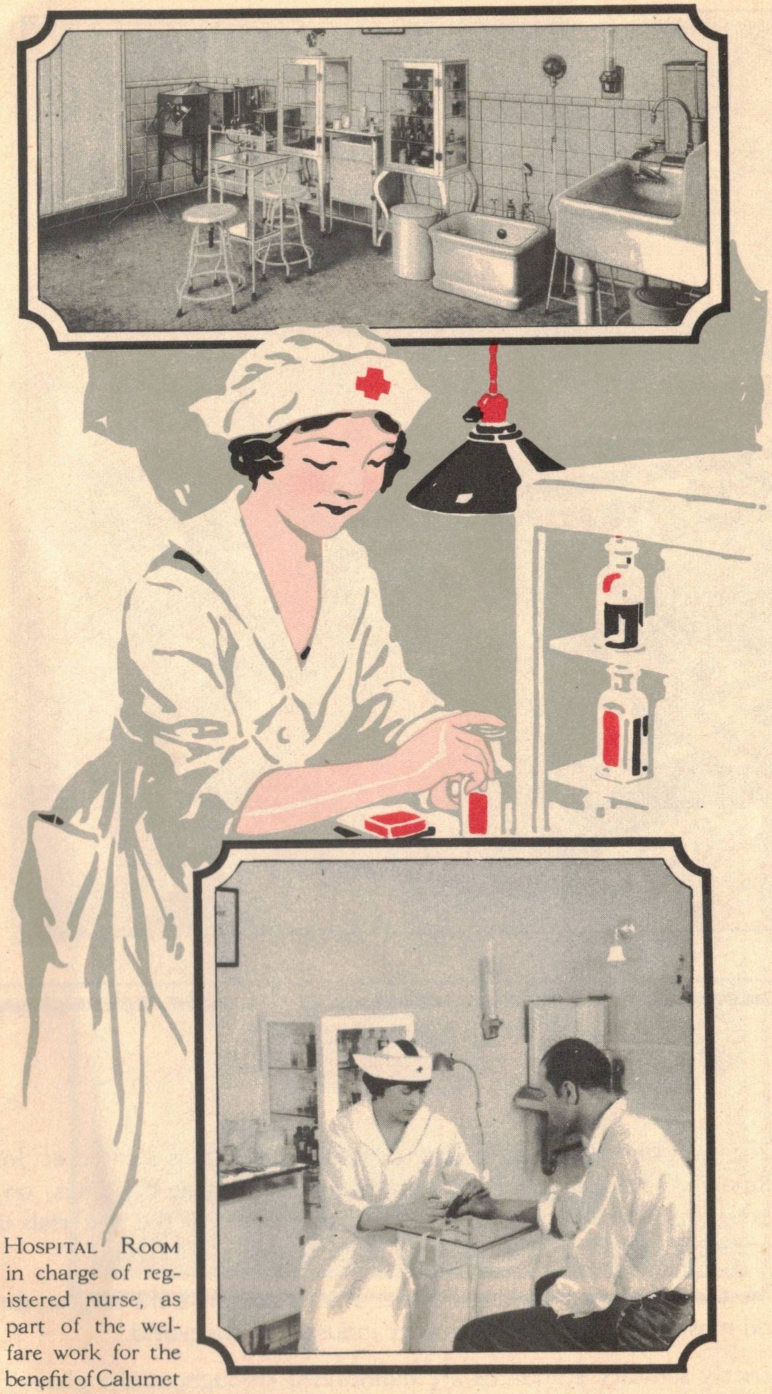
Plant No. 2 at East St. Louis, though smaller than the Chicago Plant, is the peer of all other baking powder factories

CALUMET BAKING POWDER MATERIAL PLANT

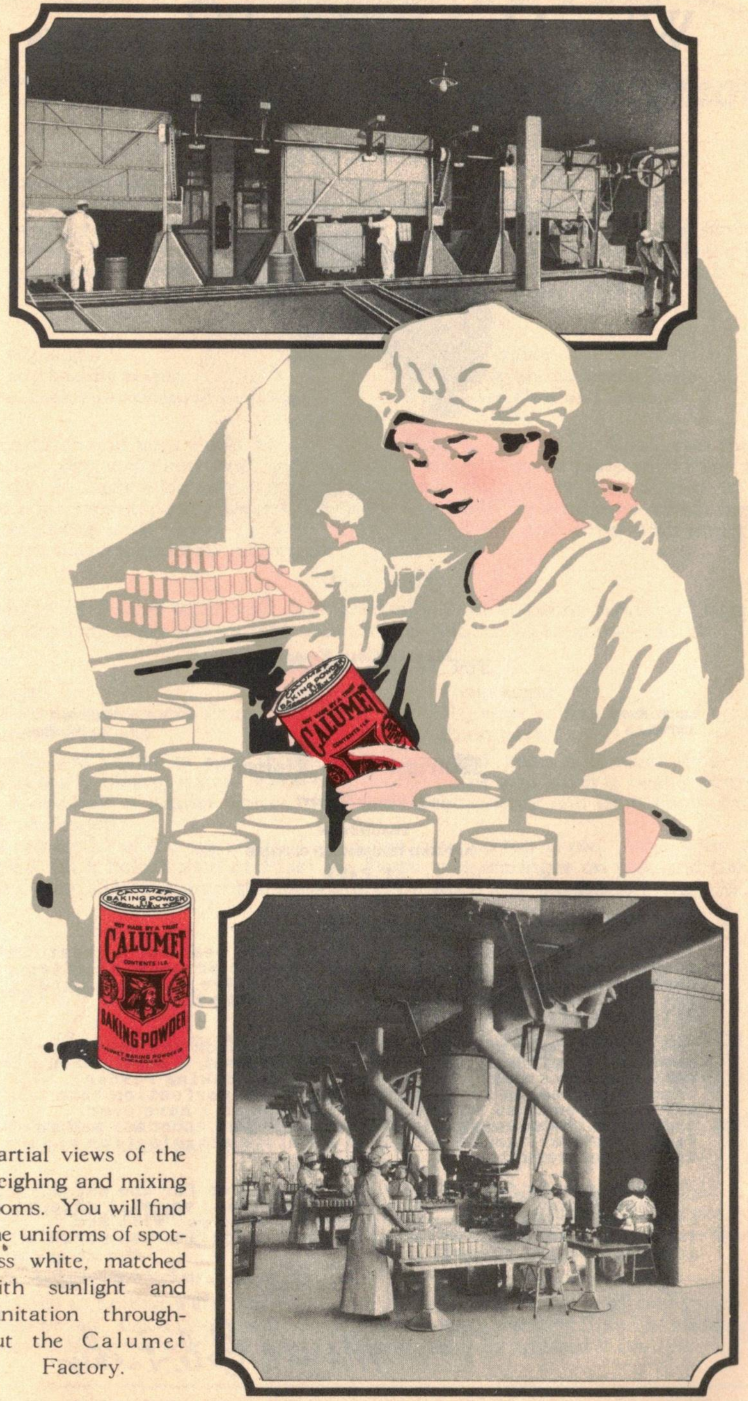
THE CALUMET BAKING POWDER MATERIAL PLANT is located at Joliet, Illinois. This entire plant, comprising forty-three buildings, on six acres, is devoted exclusively to the manufacture of the materials used in the preparation of Calumet Baking Powder.

The three Calumet Baking Powder Plants comprise the largest, finest, and most complete baking powder industry in the world.

Strictly sanitary standards are maintained throughout the plants. At no time is Calumet touched by human hands.



Hospital Room in charge of registered nurse, as part of the welfare work for the benefit of Calumet employees.



Partial views of the weighing and mixing rooms. You will find the uniforms of spotless white, matched with sunlight and sanitation throughout the Calumet Factory.

What Marian Cole Fisher says about Calumet—READ IT!

MARIAN COLE FISHER

LECTURES
ARTICLES

RECIPES
ECONOMICS

Marian Cole Fisher
Baking Expert
TEACHER OF
APPLIED HOUSEHOLD SCIENCE
ST. PAUL

Dear Housewife:

Actively engaged as you know I have been for a great many years in Home Economics and Domestic Science, it often becomes necessary for me to make exhaustive studies, careful tests and scientific analyses of food values and different products.

To the question of Baking Powder which has been foremost in the minds of millions of housewives, I have given very serious study. I find that Calumet Baking Powder comes more nearly reaching the height of perfection than any of the endless brands of Baking Powder I have ever used from the standpoint of efficiency and economy; and in fact from every angle, it gives absolute satisfaction and delightful results.

Carefully follow the directions given for the use of Calumet Baking Powder. If you will do this, you will accept it as your standard of baking powder, also you will see from experience as I have why Calumet is called the world's greatest baking powder.

Sincerely.

Marian Cole Fisher

You Save When You Use Calumet

CUSTARD PIE

3 tablespoons sugar
⅛ level teaspoon salt
2 eggs
1½ cups milk
Few gratings nutmeg

Beat eggs slightly, add sugar, beat well and then add salt and milk. Line plate with plain paste and build up a fluted rim. Strain in mixture, and sprinkle with few gratings of nutmeg. Bake in quick oven at first to set rim, decrease the heat afterwards, as egg and milk in combination need to be cooked at low temperature (250°–350° F.).

LEMON PIE

¾ cup sugar
¾ cup boiling water
1 tablespoon cornstarch or flour
2 egg yolks
3 tablespoons lemon juice
Grated rind of 1 lemon
1 teaspoon butter

Mix cornstarch and sugar, add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks and rind and juice of 1 lemon. Line a plate with Plain Paste. Put a rim ½ inch wide around rim; flute with the fingers first dipped in flour. Turn in edge, or cut pastry larger than plate and build up a mixture which has been cooled and bake until pastry is done. Cool slightly, fill, and cover with a meringue, then return to oven and bake meringue.

Meringue

Beat whites of 2 eggs until stiff, add gradually 2 tablespoons powdered sugar and continue beating; then add ½ tablespoon lemon juice or ¼ teaspoon vanilla.

LEMON CREAM PIE

4 eggs
2 heaping tablespoons flour
Juice of 2 lemons
1 cup sugar
1½ cups boiling water
Plain paste

Beat yolks and whites of eggs separately. To beaten yolks add sugar, flour, lemon juice, and lastly boiling water. Cook in a double boiler and when it begins to thicken, add to it one-half of beaten whites. Stir this in thoroughly and let it cook until it is as thick as desired.

Use the remainder of the egg whites for the meringue on top of pie. After your custard has cooled, fill a baked shell of Plain Pie Paste, pile meringue on top, and bake in a very slow oven (275° F.) until the meringue is brown. (See illustration, page 52.)

PUMPKIN PIE

2 eggs
½ cup sugar
1 cup stewed pumpkin
¼ teaspoon allspice
¼ teaspoon cloves
1½ cups milk
¼ teaspoon ginger

Beat eggs, add to them sugar, pumpkin and spices. Beat vigorously and then add milk and mix thoroughly; then bake in a crust of pie paste.

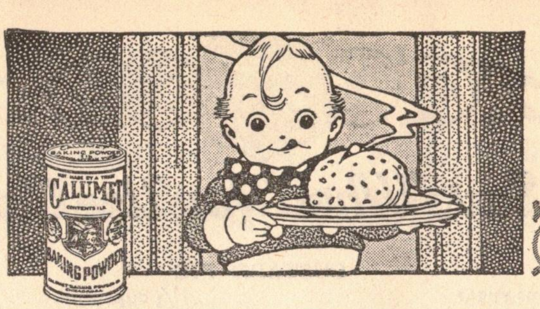
RHUBARB PIE

Two cups stewed rhubarb, 1 cup sugar, with 1 tablespoon flour stirred into it, little salt. Bake without top crust and frost.

RAISIN PIE

½ cup sugar
2 cups seeded raisins
1½ cups boiling water
½ teaspoon salt
1 tablespoon grated orange rind
3 tablespoons orange juice
2 tablespoons lemon juice
1 tablespoon grated lemon rind
2 tablespoons cornstarch
½ cup walnut meats

Cook raisins in boiling water for five minutes; pour into sugar and cornstarch which have been mixed. Cook until thick, about five minutes. Remove from fire and add other ingredients. Bake between two crusts. Walnuts may be omitted if desired.



Puddings & Sauces

APPLE PUDDING (STEAMED)

2 cups flour
3 level teaspoons Calumet Baking Powder
½ level teaspoon salt
1 tablespoon butter
⅔ cup milk
3 or 4 apples, cut in slices

Mix flour, baking powder and salt together and sift twice. Work in butter with tips of fingers and add milk. Line bottom and sides of a well buttered mold with sugar ¼ teaspoon salt, and ¼ teaspoon nutmeg, mixed.
Steam one hour and twenty minutes. Serve with cream sauce.

NOTE—Any other fruit desired may be used.

APPLE TAPIOCA PUDDING

1 quart peeled apples
1 cup tapioca
½ cup sugar
½ teaspoon salt
Teaspoon lemon extract

Quarter apples and fill baking dish. Sprinkle half sugar over apples. Soak tapioca in quart of hot water one hour. Add salt, lemon extract, and rest of sugar. Pour over apples. Bake until apples are tender. Serve with hard sauce.

NOTE—Peaches, pears, plums, etc., can be cooked in same way.

CALUMET BREAD PUDDING

1 small loaf stale bread
1 quart milk
⅓ cup sugar
2 level teaspoons Calumet Baking Powder
2 eggs, well beaten
½ level teaspoon salt
1 teaspoon vanilla
¼ cup butter, melted

Remove soft part from loaf and grate on coarse grater. (There should be two cups of crumbs.) Scald milk, pour over crumbs. Let stand until cool. Beat eggs thoroughly; add sugar, salt and baking powder, well mixed. Combine this mixture with the milk and crumbs; add butter and vanilla. Bake in a buttered pudding dish 1 hour in a slow oven. Serve with Caramel Custard Sauce. Raisins may be added to the pudding, if desired.

CARAMEL CUSTARD SAUCE

¾ cup light brown sugar
3 level tablespoons flour
2 eggs, well beaten
1½ cups milk
2 tablespoons butter

Mix sugar and flour thoroughly. Then add well beaten egg and milk. Place over double boiler and when hot add butter. Cook until thick and creamy. Serve over the pudding, either hot or cold, as desired.
One-half this amount of pudding and sauce is sufficient for four.

Do Not Experiment-Use Calumet

CHOCOLATE BREAD PUDDING

To the recipe for Calumet Bread Pudding, add 1½ squares melted chocolate to sugar before combining with egg.

CHARLOTTE RUSSE

¼ box gelatine
¼ cup cold water
⅛ cup cream
6 lady fingers
⅓ cup powdered sugar
3 cups whipping cream
1 teaspoon vanilla

Soak gelatine in cold water, dissolve in the cream, scalded. Add powdered sugar and vanilla When it begins to thicken fold in the whip from 3 cups of cream. Line molds with lady fingers, turn in the mixture and chill. (See illustration, page 52.)

COTTAGE PUDDING

¼ cup butter
½ cup sugar
1 egg, well beaten
1 cup milk
2 cups flour
3 level teaspoons Calumet Baking Powder
½ level teaspoon salt

Cream the butter, add gradually the sugar and egg. Sift together thoroughly the flour, baking powder and salt and add alternately with the milk to the first mixture. Bake in a moderate oven thirty-five minutes. Serve with vanilla or hard sauce. Crushed strawberries, raspberries, blueberries, cranberries, and juicy crushed sweetened fruits or jellies and preserves can be served with this pudding.

COTTAGE PUDDING (PEACH)

Make batter as for Cottage Pudding. Stir in 2 cups sliced peaches, bake in square pan and serve with hard sauce. Apples, raisins, currants, pears or any chopped or sliced fruits can be used in a similar way with this batter.

CUSTARD

One pint good rich milk, 2 eggs (beaten lightly), sweeten to taste, flavor with nutmeg; bake at 325° F. until firm when tested with silver knife.

DATE PUDDING

1 cup molasses
1 cup milk
⅓ cup butter
3 cups flour
4 level teaspoons Calumet Baking Powder
½ teaspoon salt
½ teaspoon cloves
½ teaspoon allspice
½ teaspoon nutmeg
¾ pound dates, cut in pieces

Melt butter and add to the molasses and milk. Sift together flour, baking powder, salt and spices, and add with dates. Put into a buttered mold and steam two and one-half hours. Serve with hard or creamy sauce. (See illustration page 47.)

PLUM PUDDING

1 cup suet, chopped fine
1 cup molasses
3 level teaspoons Calumet Baking Powder
½ cup milk
3 cups flour
1½ level teaspoons salt
½ teaspoon nutmeg
½ teaspoon cinnamon

Mix suet, molasses and milk. Sift together flour, baking powder, salt, cloves, nutmeg and cinnamon, and add. Turn into a buttered mold and steam three hours. Serve with Hard or Foamy sauce.

NOTE—One and a half cups of chopped raisins can be added to above if desired, and the whole or part of spices omitted.

Has Greater Leavening Strength.

BAKED APPLE DUMPLINGS

4 cups flour
4 level teaspoons Calumet Baking Powder
1 level teaspoon salt
2 heaping tablespoons lard or butter
1 cup milk

Sift flour once, then measure, add baking powder and salt, sift three times, rub in lard with fork, and lastly add milk, toss on a well floured board and roll out a little less than 1/2 inch thick. Cut dough in rounds large enough to enclose a small apple. Peel apples and core, place apple on dough, filling cavity of core with sugar, a dash of cinnamon and a small piece of butter; press dough over apple and bake in a moderate oven (325°–350° F.) thirty-five minutes.

DROP DUMPLINGS

2 cups flour
2 level teaspoons Calumet Baking Powder
1/2 level teaspoon salt
Milk or water

Sift baking powder, salt and flour thoroughly together, and add milk enough to make soft dough. Roll out an inch thick and cut in small circles. Roll each in flour and drop on top of simmering stew. Do not crowd them. Give them room to expand. Cover, and boil for twenty minutes without opening pot.

APRICOT-PINEAPPLE SAUCE

1/2 cup butter
1 1/2 cups powdered sugar
1/4 cup apricot pulp
1/4 pineapple (grated)
1 egg white

Cream butter, gradually add sugar, then the beaten egg white. Add fruit gradually so that no separation will occur.

FOAMY SAUCE

1/2 cup butter
1 cup powdered sugar
1 egg
2 tablespoons cream

Cream butter, add gradually sugar, egg well beaten and cream. Beat while heating over hot water.

GRAPE JUICE SAUCE

2 egg whites
1/3 cup powdered sugar
1/4 cup grape juice
1 tablespoon lemon juice

Beat egg white, add sugar, then the grape juice and lemon juice. Beat well and serve at once.

HARD SAUCE

1/3 cup butter
1 cup powdered sugar
1/2 teaspoon lemon extract or
1 teaspoon vanilla

Cream butter and sugar, and add flavoring.

ORANGE SAUCE

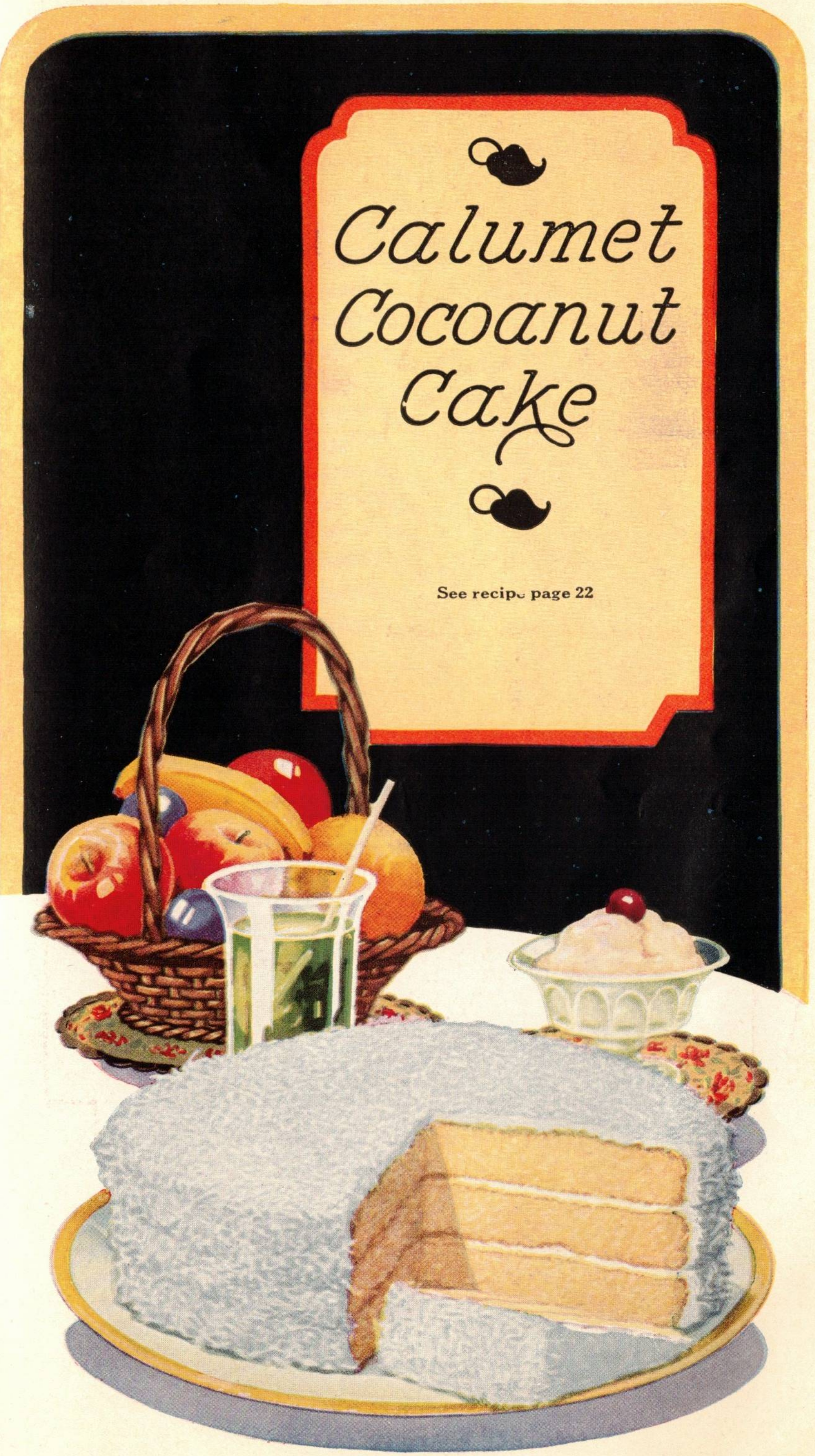
3 egg whites
1 cup powdered sugar
2 oranges, juice and rind
Juice of 1 lemon

Beat whites of eggs until stiff, add sugar and fruit juice, and beat well.

VANILLA SAUCE

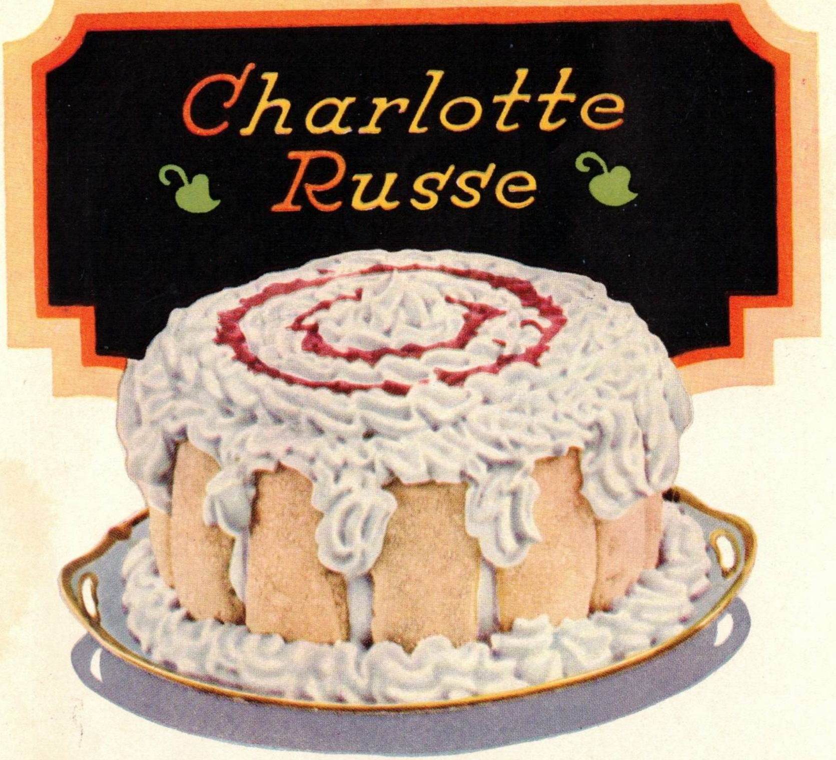
1 cup water
1/2 cup sugar
2 tablespoons butter
1 teaspoon vanilla or lemon
2 tablespoons cornstarch

Mix sugar and cornstarch, add water and boil five minutes. Remove from fire and add butter and flavoring.

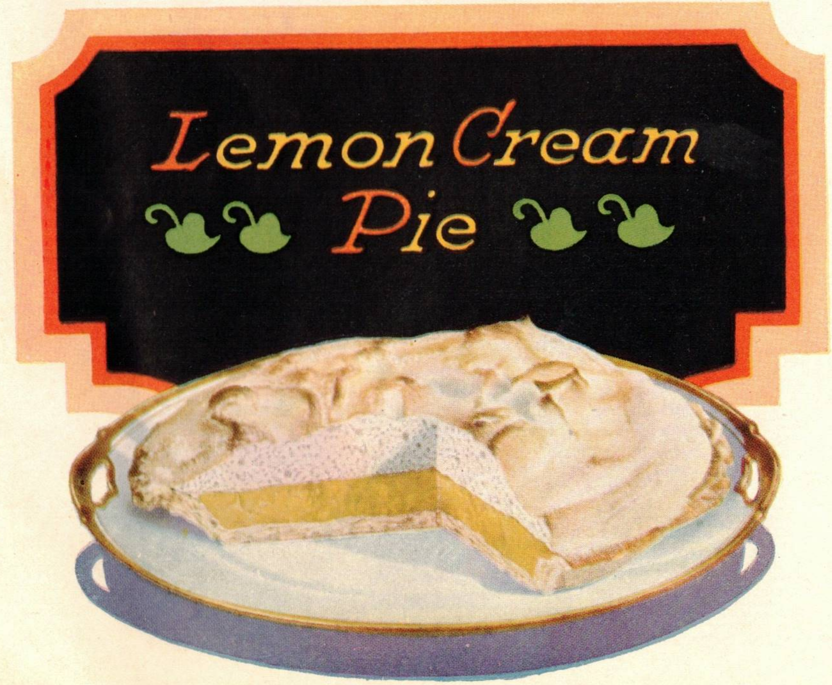


Calumet Cocoanut Cake

See recipe page 22



See recipe page 49



See recipe page 47

Make A "Best By Test" Trial Now

PORRIDGE PUDDING

3 cups cold oatmeal porridge
2 eggs
3 cups milk
½ cup sugar
½ cup chopped raisins or currants

Mix ingredients and bake about thirty minutes. Any cold porridges, or boiled rice, can be used in this way, and will give a variety of delicious dishes easily prepared. Vanilla or lemon extract or nutmeg can be used for flavoring, and raisins and currants omitted.

RHUBARB PUDDING

Butter thin slices of dry bread, lay in bottom of deep pudding pan, then a layer of rhubarb cut in small pieces; sprinkle with sugar, then another layer of buttered bread and so on until as deep as you wish, with a layer of bread on top. Cover closely and bake three-quarters of an hour in a moderate oven. Serve cold with whipped cream or hard sauce.

RICE PUDDING

4 cups milk
½ level teaspoon salt
⅓ cup rice
⅓ cup sugar
Grated rind half lemon

Wash rice, mix ingredients, and pour into buttered pudding dish. Bake three hours in a very slow oven (250°–325° F.), stirring three times during first hour of baking to prevent rice from setting.

Raisins or currants added to above will give variety.

SNOW BALLS

½ cup butter
1 cup sugar
2 level teaspoons Calumet Baking Powder
2¼ cups flour
½ cup milk
4 egg whites

Cream butter and sugar, add milk, and flour and baking powder sifted together. Then egg whites, beaten until stiff. Steam in buttered cups thirty-five minutes. Serve with fruit preserves.

TAPIOCA PUDDING

Soak 4 tablespoons tapioca in a little water; boil 1 quart milk and pour over it while hot; when cool add ½ cup sugar, 1 egg and yolks of 2 eggs (well beaten), add flavoring, bake; when baked beat the 2 whites with 2 tablespoons sugar and spread on top and brown.

APPLE DUMPLINGS

1½ cups flour
2 level teaspoons Calumet Baking Powder
1 teaspoon butter
½ cup milk
6 apples

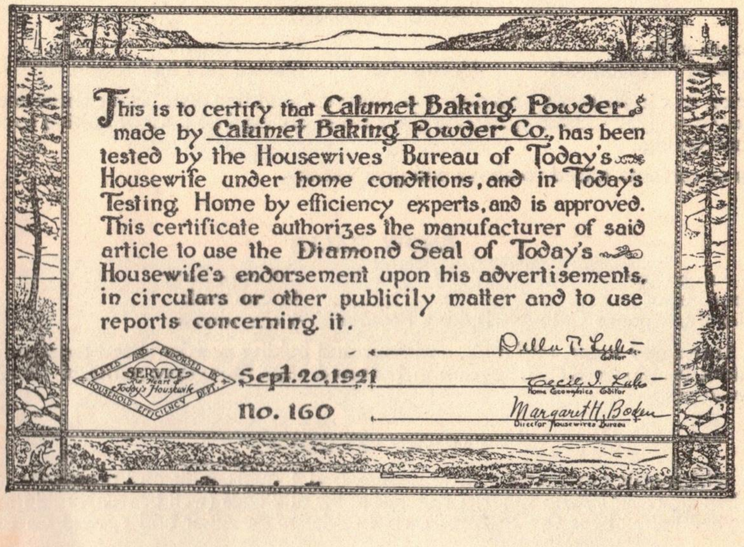
Sift together thoroughly flour and baking powder. Work in butter with tips of fingers and add milk. Place on a floured board, pat and roll out to a little less than ½ inch in thickness. Peel apples, cut in halves. Cut dough into rounds large enough to enclose the apple halves. Place in a buttered steamer and cook over boiling water for twenty minutes. Sections of peaches may be used instead of apples.

Meets Every Baking Requirement

Housewives Bureau Endorses Calumet

ANOTHER big endorsement of Calumet Baking Powder by an institution organized for the protection of the American Housewife.

The Housewives' Bureau of Today's Housewife has completely equipped a beautiful, spacious home in Cooperstown, N. Y., where food products, utensils, furniture, in fact, complete home equipment and supplies are put to every possible test to determine their value.



This is to certify that Calumet Baking Powder made by Calumet Baking Powder Co., has been tested by the Housewives' Bureau of Today's Housewife under home conditions, and in Today's Testing Home by efficiency experts, and is approved. This certificate authorizes the manufacturer of said article to use the Diamond Seal of Today's Housewife's endorsement upon his advertisements, in circulars or other publicily matter and to use reports concerning it.

Tested and Endorsed by Household Efficiency Dept.
Service
The Heart of Today's Housewife

Sept. 20, 1921

No. 160

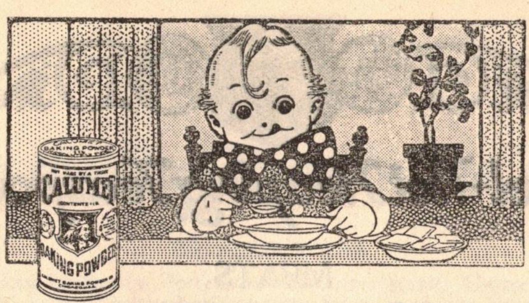
Della T. Lutes
Editor

Cecile I. Lutes
Home Economics Editor

Margaret H. Boden
Director Housewives Bureau

Only those that pass the most rigid tests are granted the certificate that is recognized by a million housewives as a guarantee of purity, quality and exceptional merit.

The Calumet Baking Powder Co. is so certain of your satisfaction with Calumet Baking Powder that it authorizes grocers everywhere to guarantee it to be the best and most satisfactory baking powder you have ever used—if YOU do not think so after using a spoonful or the entire can, return the can to your grocer and your money will be cheerfully refunded. Calumet Baking Powder is used and endorsed by millions of housewives.



Soups. Meats & Eggs

BEAN SOUP

3 cups cold baked beans
3 pints water
2 slices onion
2 stalks celery
1½ cups strained, stewed tomatoes
2 tablespoons bacon drippings or butter
2 tablespoons flour
1 tablespoon chili sauce
Salt and pepper

Simmer beans, water, onion and celery together for thirty minutes. Press through a sieve; add tomato and chili sauce, season to taste and thicken with the butter and flour cooked together. Serve with crisp crackers.

CELERY SOUP

3 cups celery
(cut in ½ in. pieces)
1 pint boiling water
2½ cups milk
1 tablespoon minced onion
3 tablespoons butter
4 tablespoons flour
Seasonings

Clean and cut up celery, cook until soft in boiling water and then press through a sieve. Scald milk and onion, remove onion, and add milk to celery. Bind with the flour and butter cooked together. Season to taste. Serve hot—never lukewarm.

POTATO SOUP

3 potatoes
1 quart milk
2 slices onion
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon celery salt
⅛ teaspoon pepper
Few grains cayenne
1 teaspoon chopped parsley

Boil potatoes until tender, then rub through strainer. There should be 2 cups of potatoes. Scald milk with onion, remove onion, and pour milk slowly into the potatoes. Add one half of the butter melted, add remaining dry ingredients; stir thoroughly and add to hot soup. Boil two minutes, strain, add remaining butter, sprinkle with parsley and serve.

VEGETABLE SOUP

½ cup sliced carrots
⅓ cup diced turnips
⅓ cup celery
½ cup potatoes
½ sliced onion
1 quart water
5 tablespoons butter or drippings
½ tablespoon minced parsley
Salt and pepper

Wash, scrape and cut up vegetables. Measure and mix together (except potatoes), and cook ten minutes in butter, stirring constantly. Add potatoes and cook two minutes. Add water and boil until vegetables are soft.

CREAM OF TOMATO SOUP

½ can tomatoes
2 teaspoons sugar
¼ teaspoon soda
1 quart milk
1 slice onion
4 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
⅓ cup butter

Scald milk with onion, remove onion. Thicken milk. Stir constantly, cooking twenty minutes. Cook tomatoes with sugar fifteen minutes, add soda and rub through a sieve. Combine mixtures and strain. Serve hot.

MEATS

How to Select Fresh Meat

When buying beef, see that it is bright red in color, streaked with fat—and firm. The streaks of fat add to the food value and make a more flavory steak or roast. Veal is pink in color, but less firm. Mutton flesh is firm and dull red in color, the fat hard and white or slightly yellow. Pork is dark pink in color and the fat is less firm than beef or mutton.

Remember When Cooking Meat

In order to keep the juices in meat—roasts and steaks should be first seared in a hot oven or in a hot frying pan, thus the cells coming to the surface are closed and the escape of juice is prevented. Meats for soups or stews where the juice of the meat is desired in the liquid should be covered with cold water and brought to boiling point.

BEEF CHART

NAME OF CUT	WATER	PROTEIN	FAT	ASH	CARBOHYDRATES	CALORIES PER LB. UNC'KD	COMPARATIVE COST	COOKING HELPS	HOW USED
1. Shank.....	42.9	12.8	7.3	.6	None	545	Least Expense	Sear, cook slowly	Stews and soups
2. Round.....	60.7	19.0	12.8	1.0	......	895	Economical	Sear, cook quickly	Steaks and roasts, heel for pot roasts and stews
3. Rump.....	45.0	13.8	20.2	.7	......	1110	Medium	Sear, cook slowly	Steaks, pot roasts, braising and corning
4. Sirloin.....	54.0	16.5	16.1	.9	......	985	Reasonable	Sear, cook quickly	Steaks
5. Pin Bone...	52.4	19.1	17.9	.8	......	1110	Reasonable	Sear, cook quickly	Steaks
6. Porterhouse	52.4	19.1	17.9	.8	......	1110	Reasonable	Sear, cook quickly	Choicest steaks
7, 8, 9. Prime Ribs.....	43.8	13.9	21.2	.7	......	1155	Reasonable	Sear, cook quickly	Best roasts
10. Short Ribs.	57.4	15.6	13.0	.7	......	840	Economical	Sear, cook slowly	Roasts and stews
11. Flank.....	54.0	17.0	19.0	.7	......	1115	Economical	Sear, cook slowly	Steaks, stews, braising
12. Plate......	45.3	13.8	24.4	.7	......	1285	Economical	Sear, cook slowly	Stews, soups, corning
13. Brisket....	41.6	12.0	22.3	.6	......	1165	Economical	Sear, cook slowly	Stews, pot roasts, soups
14. Chuck.....	62.7	18.5	18.0	1.0	......	1105	Economical	Sear, cook slowly	Roasts, steaks, pot roasts, boiling, stews
15. Shoulder Clod....	56.8	16.4	9.8	.9	......	720	Economical	Sear, cook slowly	Steaks and pot roasts
16. Neck......	45.9	14.5	11.9	.7	......	770	Economical	Sear, cook slowly	Soups, stews and corning

CHIPPED BEEF IN BROWN GRAVY

Pour boiling water over 2 cups shredded, chipped beef; let stand five minutes; drain thoroughly. Melt 2 tablespoons butter, browning it slightly; blend it with 2 tablespoons flour; add ¾ cup cold water gradually. Cook until smooth, stirring constantly. Place over hot water, add ½ teaspoon beef extract or 1 bouillon cube, salt and pepper to taste. If the bouillon cube is used, little additional seasoning is necessary. Then stir in the prepared beef. Serve with hot baked potatoes. Left-over meat gravy may be utilized in preparing this dish.

CHOP SUEY

Trim and cut in small pieces 3 pounds beef steak. Brown in frying pan using fat from meat, or if there is none, use butter. When well browned add 1 pint finely cut celery and 4 onions cut in small pieces. Season, add enough water to cover and simmer for about forty minutes. When it is ready to serve, the water should be almost cooked away. Serve hot with rice.

BROILED STEAK

Trim off superfluous fat from a Porterhouse or Sirloin steak. Grease wire broiler with some of the fat, place meat in the broiler having fat edge next to handle, and broil over a clear fire, turning every ten seconds for the first minute, so that the surface may be well seared. This prevents escape of the juices. After the first minute turn occasionally until well cooked on both sides. Steak cut one and one-half inches thick will take ten minutes if liked rare; twelve to fifteen minutes, if desired well done. Remove to hot platter, spread with butter, and sprinkle with salt and pepper.

VEAL BIRDS

Choose thin pieces of veal steaks cut two by four inches. Spread with bread stuffing and roll. Fasten with toothpicks and follow directions for mock-duck as follows: Dredge with flour and season. Sear in fat until a golden brown. Place in a baking dish and add water or milk to half cover. Cover pan and bake in a moderate oven (300° F.) for an hour.

BREAD STUFFING

4 cups soft bread crumbs
Salt
Pepper
½ level teaspoon Calumet Baking Powder
1 chopped onion
Sage or other herb
¼ cup melted fat
Water

LEG OF LAMB

Wash and remove all stringy portions from a leg of lamb; put a bit of lard in your roaster and place on top of range, sear the meat on both sides; then place roaster in the oven with bottom barely covered with water, and roast slowly for about three hours, basting frequently. A few slices of onion or a bit of garlic over top gives good flavor.

CALUMET MEAT PIE

Make biscuit dough. (See recipe, page 4.) Have meat or chicken boiled tender. Line a shallow baking dish with dough to within an inch of the bottom, lay meat or chicken in, put in some gravy, butter, salt and pepper. Cover with crust of dough, bake about thirty minutes. Any kind of meat or game can be cooked in this way. (See illustration, page 71.)

VEAL LOAF

Three pounds uncooked veal, ¾ pound salt pork, chopped fine; 1 cup fine cracker crumbs, 2 eggs, well beaten; 1½ cups water; 2 teaspoons salt; 1 teaspoon pepper. Make into a loaf and bake in greased loaf pan 1¼ hours in a hot oven (375° F.).

STUFFED FLANK STEAK

¾ cup cooked rice
½ cup stock or water
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon chopped parsley
1 teaspoon chopped onion
1 carrot
1 turnip

Remove surplus fat and skin and lay flat on a board. Make a dressing of meat stock, rice, salt, pepper, chopped onion, parsley and spread on meat. Roll with the grain so that when it is cut it will be across grain, tie securely. Place diced vegetables in pan and lay meat on them, pouring in enough stock to fill pan to depth of one inch. Cover and bake three hours, or until tender. When cooked remove meat and thicken broth, using one tablespoon cornstarch. In the absence of meat stock a tasty stock may be made by dissolving ¼ teaspoon Extract of Beef in one cup of boiling water.

ROAST BEEF

Sear meat by placing in a hot oven for thirty minutes. Reduce heat to medium and continue cooking, allowing twenty minutes for each pound; that is, a five-pound roast of beef would require after the thirty minutes' searing an additional hour and forty minutes. Baste occasionally and add seasonings just before removing from oven.

BOILED HAM

Soak several hours, or overnight in cold water. Cover with fresh, cold water, bring to boiling point, and cook slowly until tender, four to five hours. Remove from the stove and set aside that the ham may partially cool; remove from the water, take off the outside skin, sprinkle with brown sugar and fine cracker crumbs, and stick with cloves one-half inch apart. Bake one hour in slow oven (300 degrees F.).

POT ROAST

Dredge with flour, salt and pepper. Sear in hot fat. Add enough boiling water to cover, boil five minutes, and simmer until the meat is tender, keeping closely covered. Vegetables may be added during the last hour of cooking. Bay-leaf, thyme, or other herbs may be added if desired. Before serving thicken according to method for gravy.

SWISS STEAK IN CASSEROLE

1½ pounds Round Steak
Flour
1 onion
1 cup boiling water
1 small carrot
Fat
Salt
Paprika

Pound into the steak as much flour as it will hold. Sear in hot fat. Add the onion and carrot. Place in the casserole with the salt, paprika and the boiling water, and simmer until tender.

EGGS

As eggs contain nearly all of the elements in the right proportion necessary to life—they have taken a prominent place among food stuffs. Containing a goodly amount of protein they are frequently served as the main dish of the meal or in combination with foods rich in starch, to take the place of other proteins in the diet.

TO DETERMINE FRESHNESS OF EGGS

1. Hold in front of a candle flame in dark room and center should look clear.
2. They should sink if placed in a basin of cold water.

TO KEEP EGGS

Place in a ten per cent solution of water glass with the small end down, and store in a cool place.

OMELET

Four eggs, whites and yolks beaten separately, 2 tablespoons milk, 1 teaspoon cornstarch or flour dissolved in milk, season with salt and pepper; turn into buttered frying pan. When browned on the underside, place a plate over the pan; turn the omelet out and fold at 350° F.

BAKED EGGS

Carefully break eggs in buttered granite pie pan, add salt, pepper and bits of butter; bake until white is set.

EGGS A LA SUISSE

Take a shallow baking dish and put 2 large tablespoons of butter in a little bit of milk, then layer of grated cheese, break a number of eggs carefully and put them in the dish, being careful to keep them separate, season with salt and pepper, sprinkle cheese on top, put in oven and as soon as cheese is brown, serve.

EGGS IN TOMATOES

Select tomatoes that are ripe but firm. Plunge them in boiling water for a moment and remove skins. Cut out hard stem ends making in each a hollow large enough to hold a broken egg. Into each of the hollows drop a fresh egg without breaking the yolk, season with butter, pepper and salt, and bake in a moderate oven until tomatoes are tender and eggs are set. Serve on rounds of buttered toast with a cream sauce.

POACHED EGGS

Carefully break 1 egg at a time into a frying pan partly filled with salted water nearly boiling hot; baste with the water until white is firm; serve boiling hot. Milk may be used instead of water.

SCALLOPED EGGS

Slice 6 hard boiled eggs thin, place a layer of cracker crumbs in a basin, then a layer of eggs, put salt, pepper and butter on each layer; put these in alternately and moisten with milk; place in oven and when it is well browned serve warm.

SCRAMBLED EGGS

Beat eggs with 1 tablespoon milk for each egg; season with salt and pepper; melt 1 tablespoon butter in frying pan, turn eggs in and stir constantly until a light yellow mass.

INVALID COOKERY

It is a matter of great importance that food for the sick be carefully prepared. The patient's recovery often depends on the kind, quality and quantity of food given him during illness. And, when the patient's appetite is poor it is oftentimes necessary to create one. You can succeed in doing this occasionally by preparing the patient's favorite dishes and serving them in an especially attractive manner. It is, therefore, necessary for the housewife to know something about what kinds of foods are good for invalids and how to prepare and serve them.

Food or diet for the sick may be classified in the following way:

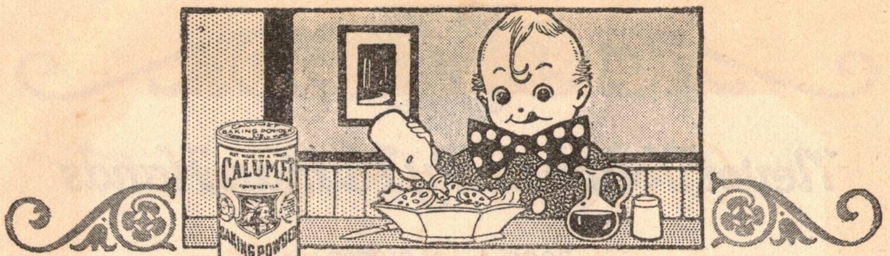
First—Liquid diet, which includes broths, beef tea, beef extract, milk, eggnog, cream soups, gruels, etc.

Second—Soft diet, including soft cooked eggs, junket, milk toast, cooked custards, jellies, etc.

Third—Soft-solid diet, includes soft cooked eggs, creamed toast, asparagus, baked custards, oysters, tender chicken, and gelatin dishes.

Fourth—Special diet, one that is ordered by the physician for a particular case.

The patient should have his or her request for certain foods gratified whenever the food is suitable for that patient and the request is reasonable. Foods for the sick should be carefully cooked and only slightly seasoned. They should be served punctually and at such intervals as the physician advises. The tray for the invalid should be carefully arranged,—always dainty and attractive. The dishes and the linen used should be the best in the house. A single flower or even a cluster of leaves often makes the tray attractive. If the contents of the tray can be sent into the sick room as a surprise it will often tempt the appetite of the patient who otherwise might not eat if he knew what was coming. The tray should be removed from the room as soon as patient has finished.



Salads

FRUIT SALAD

Serves 6

6 canned pear halves	Whipped cream, or boiled dressing
1 cup Malaga grapes halved and stoned	Lettuce

Arrange the pears on nests of lettuce leaves with the grapes at the side. Serve dressing.

EGG SALAD

Serves 6–7

6 hard boiled eggs	4 pimentos
¼ cup mayonnaise	2 hearts lettuce

1 teaspoon paprika

Cut eggs in halves lengthwise, remove yolks, cut whites in thirds lengthwise. Mash yolks and add mayonnaise. Chop pimentos. Arrange lettuce in nests on individual plates, put one tablespoonful pimento in each nest. Arrange whites of eggs on top of pimento in shape of a star. Put a teaspoonful of yolk in center of star, sprinkle with paprika and dot each nest with mayonnaise.

WALDORF SALAD

Serves 5–6

Use equal parts of tart apples, diced, cut celery and nut meats. Mix with a boiled dressing or mayonnaise just before serving. Garnish.

CHICKEN SALAD

Serves 6–7

3 cups cold chicken diced	2 hard boiled eggs
1½ cups celery cut in small pieces	1½ cups boiled dressing or mayonnaise
¼ cup chopped green peppers or pimentos	1 head lettuce shredded or not

Mix chicken, celery, peppers and pimentos and chill. Before serving mix with dressing. Arrange on lettuce. Garnish with white and yolks of egg to look like daisies.

POTATO SALAD

4 cups cold boiled potatoes diced	½ cup diced celery or cucumber
1 small onion, minced	1 cup boiled dressing
3 hard boiled eggs	3 slices broiled bacon

Mix all of the ingredients together and let stand until well chilled before serving—unless a warm potato salad is desired—then mix when potatoes are warm and add bacon with drippings when just cooked.

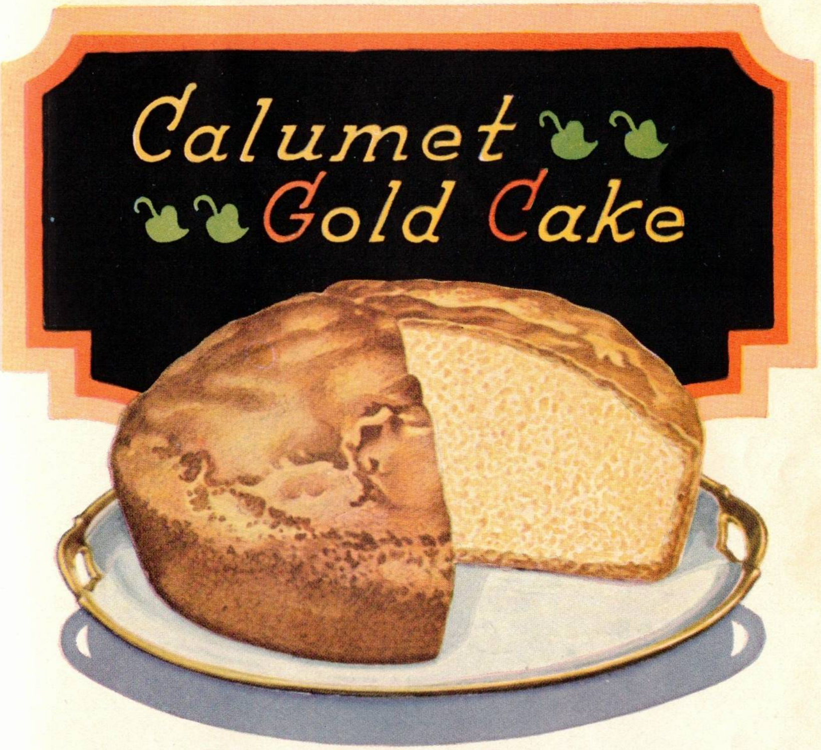
SALMON SALAD

Serves 5–6

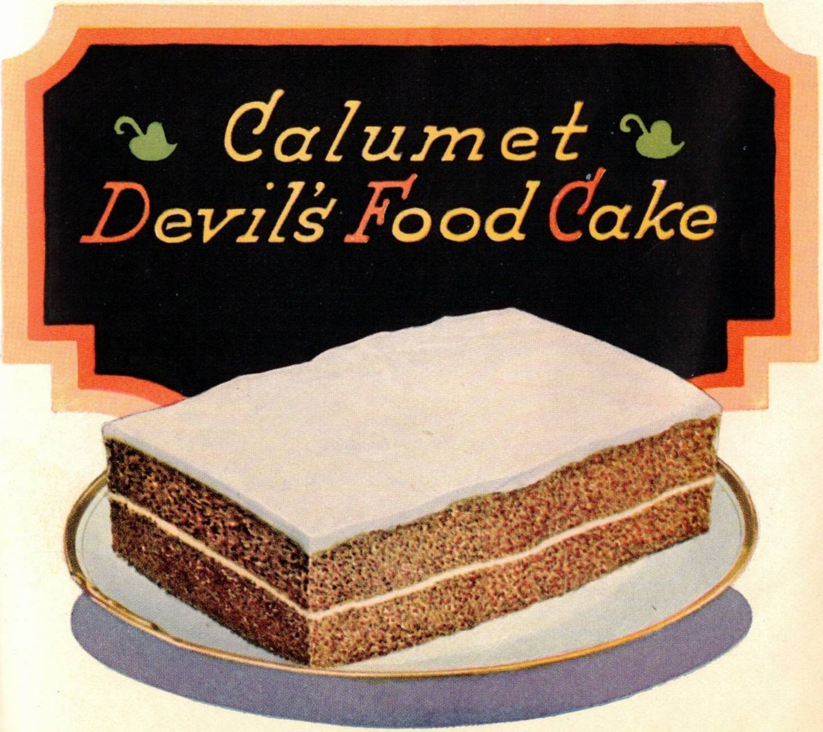
1 can pink salmon	1 cup diced celery
1 cup drained canned peas	4 hard boiled eggs sliced

1½ cups boiled salad dressing

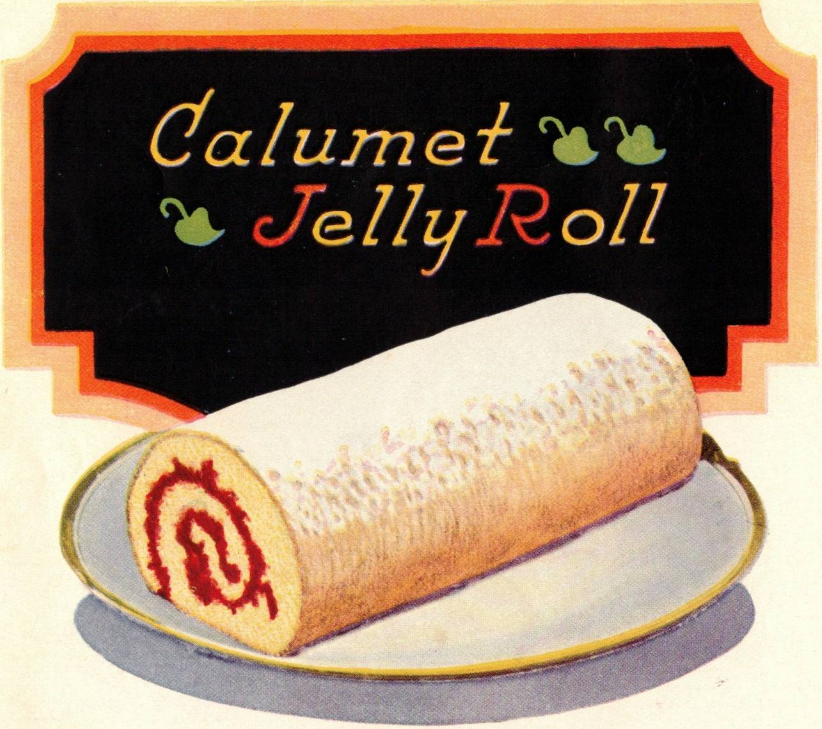
Flake salmon and remove bones; add peas, celery and eggs, sprinkle with a bit of celery salt and salt. Mix with salad dressing just before serving. Arrange in a mound on a platter with lettuce,—or serve on individual plates.



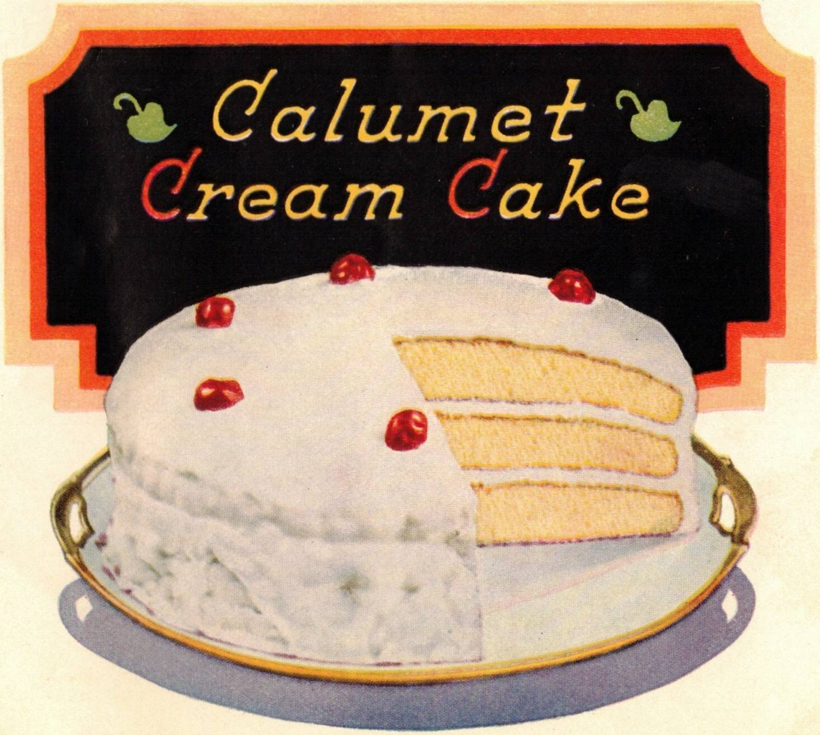
See recipe page 27



See recipe page 31



See recipe page 27



SALAD DRESSINGS

BOILED SALAD DRESSING

4 tablespoons melted butter
1 tablespoon flour
1 tablespoon sugar
1 cup milk
1/2 cup mild vinegar
1 level teaspoon salt
1 level teaspoon mustard
2 eggs
Dash cayenne pepper

Stir butter and flour together; add milk and let cook in the top of a double-boiler till quite thick. Beat egg yolks slightly, add the salt, cayenne pepper, sugar, mustard, and vinegar; then stir into the thickened mixture and cook till thick like cream. Remove from heat and pour onto the egg-whites, beaten stiff, stirring constantly.

MAYONNAISE DRESSING

1 teaspoon mustard
1 teaspoon salt
1 teaspoon powdered sugar
Few grains cayenne
Yolks 2 eggs
2 tablespoons lemon juice
2 tablespoons vinegar
1 1/2 cups olive oil (chilled)

Mix dry ingredients, add egg yolks, and when well mixed add one-half teaspoon of vinegar. Add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil, and vinegar or lemon juice alternately, until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. A smooth consistency may be restored by adding another egg yolk.

FRUIT SALAD DRESSING

2 eggs
4 tablespoons sugar
1/2 teaspoon salt
4 tablespoons vinegar
1 teaspoon mustard
1 cup whipped cream

Combine the eggs, sugar and salt and beat until light. Then add the vinegar and mustard, beat again and cook over hot water until thick. Mix 1 1/2 teaspoonfuls of this foundation dressing with 1 cupful of whipped cream. If desired less sweet, the amount of sugar may be decreased. The foundation dressing will keep for several weeks in a cool place.

ROQUEFORT DRESSING

1/2 teaspoon salt
1/8 teaspoon pepper
3 tablespoons salad oil
1/4 cup Roquefort cheese
1 tablespoon vinegar

Mix together the seasonings and vinegar and beat in the salad oil. Blend in the cheese slowly, and pour at once over hearts of lettuce.

THOUSAND ISLAND DRESSING

1/2 cup mayonnaise made with tarragon vinegar
2 tablespoons finely chopped pimentos
1/2 cup heavy cream
2 teaspoons minced chives
2 tablespoons tomato catsup
2 tablespoons chili sauce
2 hard-cooked eggs

To the mayonnaise add the chopped pimentos, minced chives, catsup and the chili sauce. Fold in the cream whipped until stiff and just before serving, add the hard-cooked eggs, coarsely chopped. Chill on ice before using.

CALUMET
BAKING POWDER

Ice Cream & Ices

CARAMEL ICE CREAM

Melt ½ cup of granulated sugar in frying pan, and when brown add ½ cup of boiling water, and let simmer ten minutes.

Strain, add quart cream, add another ½ cup sugar, flavor with vanilla and freeze.

CHOCOLATE ICE CREAM

Dissolve 2 squares of chocolate in 2 tablespoons boiling water, add this with 3 cups sugar to 1 pint hot milk. Boil until it foams, stirring, for it burns quickly. Add 4 pints sweet milk, 1 pint heavy cream. When just lukewarm remove from fire and stir in quickly 1 tablespoon of gelatine dissolved in warm water. Let stand in a cool room until set firm, let cool, then freeze.

NEW YORK ICE CREAM

Two cups milk, 3 cups cream, 1 cup sugar, 1 pinch salt, yolks of 4 eggs, 1 tablespoon gelatine, 1 tablespoon vanilla or lemon extract. Make a custard of milk, sugar, eggs and salt. Bring it to a boil. Remove from fire and add gelatine, melted in a little warm water, cool, strain and flavor. Whip the cream, add it to custard and freeze after it has become cold.

VANILLA ICE CREAM

Two cups cream, 2 cups milk, 1½ cups sugar, 1 tablespoon vanilla, 4 eggs. Prepare and cook the ingredients in the same general way as given in the recipe for New York Ice Cream.

FRUIT SHERBET

Juice of 3 lemons and 1 orange, ½ cup of shredded pineapple, 2¼ cups of sugar and 1 quart water. Boil water and several slices of lemon and orange peel ten minutes; cool, add juice of lemons and orange and the shredded pineapple; freeze. When almost frozen, add beaten white of 1 egg.

LEMON SHERBET

One pint lemon juice, ½ glass orange juice, 3 quarts water, 2 ounces gelatine. Soak gelatine over night in ½ pint water; in the morning add the rest of the water and let come to a boiling point. Strain fruit juice and add with 2 cups sugar, or sugar to taste, and freeze.

LEMON MILK SHERBET

One quart milk, 2 cups sugar, juice of 3 lemons. Dissolve sugar with milk; add juice of lemons slowly, and freeze.

ORANGE ICE

Seven oranges, 2 lemons, whites of 4 eggs. Boil 2½ pints of sugar in 2½ quarts of water about fifteen or twenty minutes. Cool. Add strained juice and let cool; when almost frozen add beaten egg whites, freeze again. This will make about 5 quarts of ice. Serve in sherbet glasses or orange cups.

Don't Guess - Use the Best - Be Sure.

MAPLE MOUSSE

1 cup hot maple syrup
(or any sweet thick fruit syrup)
1 pint thick cream
2 well beaten egg yolks

Pour syrup slowly over the eggs. Cook till it thickens like custard. Cool and combine with the cream, after whipping cream. Fill molds and pack in mixed salt and ice for three to four hours.

CRANBERRY FRAPPE

1 quart cranberries
1 cup water
⅔ cup sugar
⅓ cup lemon juice

Pick over the cranberries and add the water, cook slowly until the berries are soft. Mash and add the sugar and lemon juice. Mix well, cool and freeze.

FROZEN PUDDING

2½ cups milk
1 cup sugar
⅛ level teaspoon salt
2 eggs
1 cup heavy cream
¼ cup rum
1 cup candied fruit, cherries, pineapples, pears, and apricots

Cut fruit in small pieces, and soak two or three hours in brandy to cover, which prevents fruit from freezing; make a custard of milk, sugar, salt and eggs; strain, cool, add cream and rum, then freeze. Fill a brick mould with alternate layers of the cream and fruit; pack in salt and ice and let stand two hours.

MACAROON ICE CREAM

1 quart cream
1 cup macaroons
¾ cup sugar
1 tablespoon vanilla

Dry, pound, and measure macaroons; add to cream, sugar and vanilla, then freeze.

COFFEE ICE CREAM

1 quart cream
1½ cups milk
½ cup Mocha coffee
1¼ cups sugar
¼ teaspoon salt
Yolks 4 eggs

Scald milk with coffee, add one cup sugar; mix egg yolks, slightly beaten, with one-fourth cup sugar, and salt; combine mixtures, cook over hot water until thickened, add one cup cream, and let stand on back of range twenty-five minutes; cool, add remaining cream, and strain through double cheese-cloth; freeze. Coffee Ice Cream may be served with Maraschino cherries or in halves of cantaloupes.

RASPBERRY ICE

4 cups water
1⅔ cups sugar
2 cups raspberry juice
2 tablespoons lemon juice

Make a syrup as for other ices, cool, add raspberries mashed, and squeezed through double cheese-cloth, and lemon juice; strain and freeze.

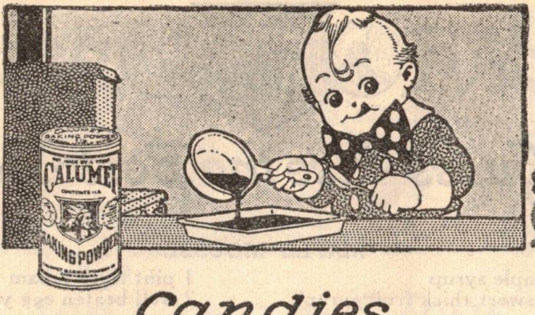
GRAPE FRAPPE

4 cups water
2 cups sugar
2 cups grape juice
⅔ cup orange juice
¼ cup lemon juice

Make a syrup by boiling water and sugar fifteen minutes; add grape, orange and lemon juices; cool, strain and add ice-water, and freeze to a mush, using equal parts ice and salt.

Proportions of Ice and Salt for Freezing Mixture

Three parts of cracked ice and one of rock salt are used for freezing ice creams. Equal parts of ice and salt are used for sherbets and water ices.



Candies

CHOCOLATE FUDGE

Two cups white granulated sugar, 1 tablespoon butter, 1 cup cream, 1/4 cake unsweetened chocolate. Put in the sugar and cream, and when this becomes hot put in the chocolate, broken up into fine pieces. Stir vigorously and constantly. Put in butter when it begins to boil. Stir until it creams when beaten on a saucer or forms soft ball in cold water. Then remove and beat until quite cool and pour into buttered tins. Chopped walnuts, almonds or pecans can be added before stirring.

DIVINITY

Two and one-half cups of sugar, 1/2 cup corn syrup, 1/2 cup water. Cook until it will spin a thread and then pour one-half of it into the whites of 2 eggs beaten stiff. Cook the other half until it will harden in water, then pour it into the other half. Beat until creamy, then pour into a buttered dish or drop from spoon.

NUT CARAMEL FUDGE

Three cups light brown sugar, 1 tablespoon butter, 1 cup milk, 1 or 1 1/2 cups nuts; flavor with vanilla. Cook sugar, butter and milk until it will thread. Take from fire, add flavoring, nuts, and beat as you would fudge. Pour into buttered pan, cool and cut.

CHOCOLATE CREAMS

Beat the whites of 2 eggs to a stiff froth. Gradually beat into this 2 cups of confectioner's sugar. If the eggs be large, it may take a little more sugar. Flavor with 1/2 teaspoon vanilla, and work well. Now roll into little balls, and drop on a slightly buttered platter. Let the balls stand for an hour or more. Shave 5 ounces of unsweetened chocolate and put into a small bowl, which place on the fire in a saucepan containing boiling water. When the chocolate is melted, take the saucepan to the table, and drop the creams into the chocolate one at a time, taking them out with a fork and dropping them gently on the buttered dish. It will take half an hour or more to harden the chocolate.

CHOCOLATE CARAMELS

Two cups of molasses, 1 cup brown sugar, 1 cup cream or milk, 2 squares of chocolate, piece of butter size of an egg. Beat together the sugar, cream or milk, chocolate and butter; boil with or without stirring until it hardens in water; then add molasses, boiling again until it hardens in water; turn into large, flat tins, well buttered. When nearly cold cut into small squares.

COCOANUT CARAMELS

One and one-half pounds white sugar, 1/2 cup sweet milk, boil together ten minutes; add about 1 pint grated cocoanut, boil ten minutes more; pour out on buttered dish; when cool cut into bars.

PEANUT BRITTLE

Mix 3 cups of granulated sugar with 1 scant cup boiling water, and 1/4 teaspoon soda. Let it melt over slow fire. Cook gently without stirring until a little drop in cold water hardens quickly. Add 1 cup roasted, shelled and skinned peanuts, with as little use of a spoon as possible. Turn the mixture into buttered pans and cut while hot. The brittleness of the candy depends much upon the artful use of the spoon.

CALUMET
BAKING POWDER

Hints & Helps

COOKING SUGGESTIONS

Salt—To keep salt so it can be easily shaken from the cruet, mix 1 teaspoon of cornstarch with each cup of salt. This will prove effectual.

"Calumet" is used to advantage in drop and stiff batters, also sauces especially for deep fat frying.

Ovens—In all houses the oven should be well scrubbed out after cooking, with hot soda water and soap. Any hard substance which is caked on to baking sheets should be scraped off with an old knife. It is really very simple to have the oven scrubbed out while it is still hot, after baking a joint, etc., and many disagreeable smells are avoided by this practice. For the purpose a long brush such as is used to clean carriage wheels, is useful. With it the back wall of an oven can easily be reached and the danger of burnt hands avoided.

Flour—Flour belongs in a bin or barrel raised a few inches from the floor. While wheat flour may be obtained in quantity, cornmeal or Graham flour should only be purchased in small quantities and kept in tin or glass.

Meat—Tough meat may be made tender by pounding, slow cooking or laying it a few minutes in vinegar water.

Milk—Before heating milk rinse out the saucepan with a little hot water (never boil milk); it will prevent the milk sticking to the bottom of the pan.

KITCHEN HELPS

Teapots that are made of metal, if unused for some time, will often give a musty flavor to the tea when next used. This may be prevented by placing a lump of sugar in the teapot before putting it away.

Boiled Cabbage is much sweeter when the water is changed in boiling.

The water in which cabbage has been cooked should not be poured down the sink or if this must be done the sink should be rinsed with water containing powdered charcoal or a little chloride of lime.

All Kitchen Supplies should be kept in glass jars, the different sizes each to themselves. Have covered crockery dishes for use in the ice box and see that they are scalded when washed.

Use these jars whenever practical in the ice box, especially to keep fish, oysters, lettuce or parsley, and, in fact, any food with a strong odor or any food which may become impregnated with the odor of other foods.

To Remove Odors from Ice Box, Cupboard or Pantry, etc.—Fill a dish with boiling water, place in icebox, and drop in a piece of charcoal. A lump of charcoal left in a closed bottle or jar will keep it from becoming musty.

Boiling Liquids, Jellies or Fruits may be turned into glass without breaking the vessel if you press the bowl of a spoon on the bottom while filling.

Cereals—Cereals should be emptied in their proper receptacles of tin or glass and closely covered to prevent insects getting in. Coffee should go immediately into an air-tight canister in order to keep its aroma. Olive oil should be put into a cool, dark place, and salt, baking powder, soap and cheese in dry places.

HOUSEHOLD PESTS

To Get Rid of Ants—Place lumps of gum camphor in their runways and near sweets infested by them.

Or scrub shelves and drawers with strong carbolic soap.

Or inject gasoline.

Or place preserves, cake and other sweets attractive to ants in refrigerators, or small closets, boxes, or tables raised on legs set in pans of water. Add a tablespoon of kerosene oil to the water to form a scum of oil over the top.

Flies and Mosquitoes—may be gotten rid of by destroying their breeding places. Mosquitoes breed in stagnant water, in quiet pools, rain barrels, ditches, old tin cans, watering troughs, old tree trunks, in fact, any place where water is not washed away quickly. Fly traps and sticky fly paper are the best and most effective way of getting rid of flies. Wrap garbage in paper. Keep garbage pails clean and covered.

Bed Bugs—often are brought into the home in laundry, on clothes, traveling bags, etc. They do not live only in beds but in cracks in walls or doors, under torn pieces of wall paper and in furniture upholstery. They multiply quickly. Kerosene or gasoline forces them to the cracks or crevices, and if used with a feather or hand syringe every day, will kill the bugs but not destroy the eggs, so repeat the process in order to get them as they hatch. Various powders found on the market are also excellent to use to get rid of these pests. Boiling water will kill the bugs and eggs, but of course will ruin the finish on the bed.

Cockroaches—live in filthy places such as drain pipes and around decaying animal matter. Keep kitchen, pantry, laundry and garbage can immaculately clean. Especially at night, no crumbs, grease, soiled dish cloth or towels should be left around to draw them. Borax is sometimes effective but good cockroach powders and liquid sprays prove more effective at times.

CLEANING SUGGESTIONS

To Remove Stains and Discolorations—Methods recommended for cleaning discolored silver are: boiling in suds or in water containing soda, sal soda, alum, cream of tartar, borax or lye, or rubbing with dry salt, whiting, grated potatoes, or solutions of sulphuric acid, chloride of lime, alum, or cream of tartar.

A Clean, Easy Way to Wash the Table Silver—is to put it in a wire draining basket, having a handle. Then immerse it in a pan of scalding hot suds and scrub the silver with a hand mop. When washed, lift the basket from the pan and place it in the sink. Pour a kettle of boiling water over it and let drain. Very little labor is required to dry it with a soft cloth.

A little milk, added to the water in which the silver is washed, will help to keep it bright.

To Clean Drain Pipes and Disinfect Them—dissolve copperas and lye in your drain pipes.

You will find that a half-worn whisk broom makes a good scrubbing brush for enameled ware. When your whisk brooms become worn, take them and trim them to a stub. Then scald with soapy water, then with clear water and finally rinse with cold water. When washing enameled ware, if the food sticks, you will find that a few strokes with one of these brooms will remove it without injury to the cooking utensils

To Freshen Carpets—Before sweeping, scatter dry salt over the carpet. It brightens the colors and checks the ravages of moths.

To Clean Ivory—Ivory ornaments, brooches, card cases, bracelets, carvings, piano keys and the like may be cleaned by painting them over with spirits of turpentine and when possible exposing them for 2 or 3 days to sunshine. Or articles that can be taken out of doors may be bleached by simply moistening them with water and exposing them to direct sunshine.

To Clean Marble—Mix 2 ounces of common soda, 1 ounce of pumice stone, and 1 ounce of fine common salt, and dilute with water to the consistency of cream. Pour the mixture over the marble and let stand until all stains are removed. Afterwards wash the marble with salt and water, rinse, and wipe dry.

To Clean Mica in Stoves—wash with vinegar and water.

To Dry-clean Shirtwaists—Put 4 ounces of cornmeal into a 24-pound flour sack or a pillow slip. Put the waist into this, and rub or knead gently so that the meal will come in contact with all parts of the fabric. Leave it there for a day or two, then shake and dust thoroughly, and press with a hot iron.

To Clean Windows—Do not use soap suds on windows. The easiest way to clean windows is with a chamois or clean cloth and clear water. Wring out the chamois or cloth so it is wet but not dripping, and wash the windows clean. Afterwards wring dry and go over them again. Finally polish with a dry cloth or chamois.

Tumblers that have been used for milk should not be put into hot water until they have first been rinsed in cold water. The heat dries the milk on and gives a cloudy appearance to the glass, which cannot be removed.

Do not wash oilcloth or linoleum in hot soap suds. Wash them with tepid water and wipe with a cloth dampened in equal parts of cold milk and water.

HOUSEHOLD HINTS

Removal of Stains

Mud Stains (Colored Goods)—Let the mud dry thoroughly, and then remove as much as possible by brushing. When fully dry cover with a mixture of salt and flour and keep in a dry place.

If the stains are extensive place the garment in a large paper flour sack with a quantity of salt and flour well mixed, shake vigorously, tie up the sack, and allow it to hang behind the stove for a few days. Afterwards shake out the dust and press.

Mud Stains (White Goods)—Dip the mud stains in kerosene before putting them in the boiler. Add kerosene to the boiling water.

Iron Rust (out of any white goods), dissolve 5 cents' worth of oxalic acid in about 3 teacups of warm rain water, let stand twenty-four hours. If there are still acid crystals in bottom of bottle, pour off clear acid water and use that. Pour liquid through the stain and be sure and put in sun; if stains do not disappear repeat until they do. Be sure and thoroughly rinse the acid out immediately after the stain disappears. May be used on the finest fabric, but be sure and put in the open air or in sunlight if possible. Ink spots may be removed in the same way.

Berry Stains in table linen are removed by pouring boiling water through the stain before washing with soapy water.

Tea Stains may be removed while yet fresh by laying the stained parts over a bowl and slowly pouring boiling water on the stain.

Coffee Stains are removed in the same manner as tea stains.

Ink Stains are removed from white goods by covering the spot with sour milk and allow to stand until the spot begins to disappear. Then rinse in clear water. Material may also be dipped in a solution of oxalic acid, rinsing thoroughly afterward.

Ink Stains from the Fingers may be removed by rubbing the spots with a sulphur match and washing with soap.

Claret Stain on table linen can be removed by placing salt on the fresh stain before washing.

Soot Stains on carpet or rug, if quickly covered thickly with dry salt, may be swept up without leaving a stain or smear.

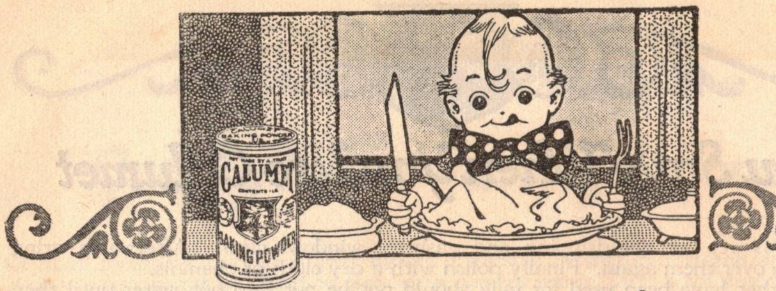
Black Stains on Dishes can be removed by rubbing salt on them.

Grease is easily washed out of cotton goods with soap and water. To remove from silk or woolen material apply French chalk to spot. Rub in well and allow to stand several hours. Then place a clean blotter under the material and a clean cloth over the spot, and press with moderately hot iron. Ether, alcohol or gasoline may also be used for removal of grease stains. There are a number of good cleaners of this sort on the market. Bijou is recommended as a good one.

To Remove White Marks on Furniture—To remove white marks on furniture, caused by heat or water, hold a hot iron near them, but not near enough to burn or scorch. Or, if the stain is obstinate, cover with baking soda and hold a hot iron close to the spot, taking care not to scorch or burn the wood. Repeat if necessary.

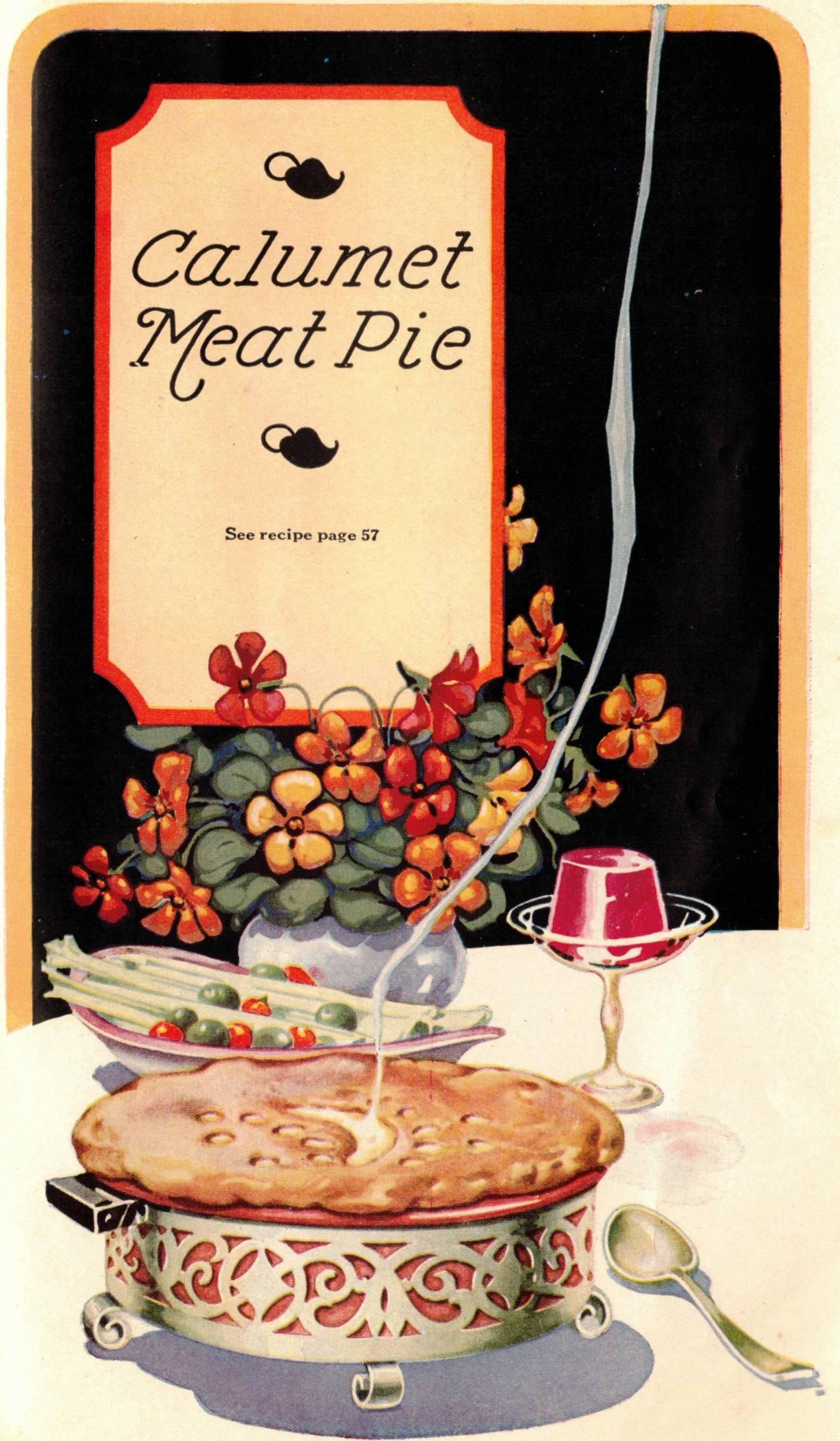
After using any of the above, wipe the spot dry, apply furniture oil, and polish with damp chamois or silk or linen cloth. Do not allow alcohol, turpentine, camphor or similar detergents to remain on a polished surface.

To Remove Grease—To prevent hot grease from sinking into the floor, sop cold water on it with a cloth to harden it. Scrape off what is on the surface with a dull knife. Remove the stain with a wet cloth sprinkled with baking soda.

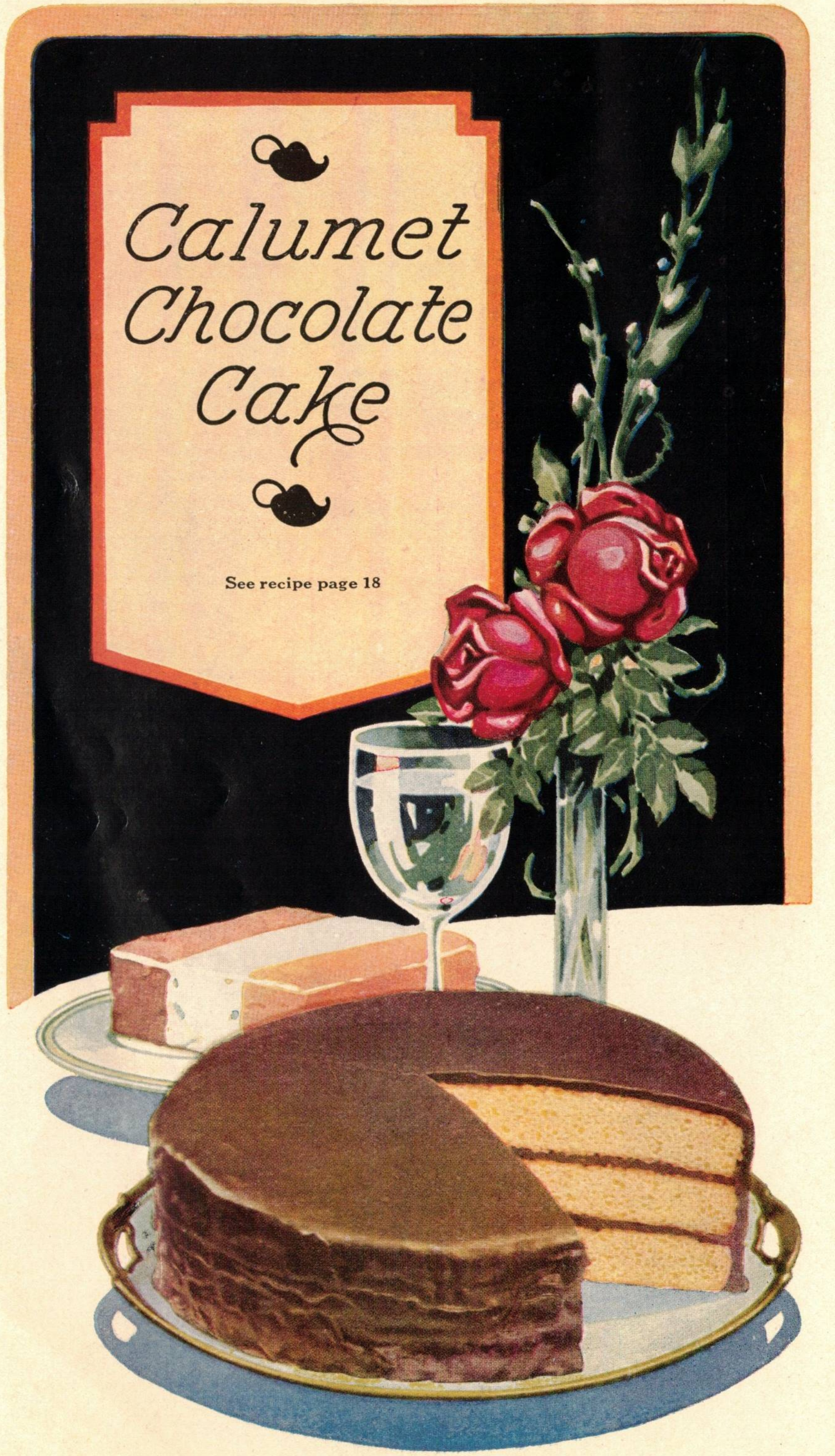


Ideal Combinations

Meat	Vegetables	Accompaniments
1 Chicken, Fowl Domestic Duck	1. Glazed Sweet Potatoes 2. White Potatoes Croquettes Corn Fritters Mushrooms Fresh Lima Beans Fresh Shell Beans Squash Onions Any Green or Fresh Vegetable	Cranberry Sauce or Jelly Celery Sauce Chestnut Dressing Mushroom Dressing Oyster Dressing Sage Dressing Pineapple, Apple, or Tomato (Acid) Salad
2 Turkey	White Potatoes Sweet Potatoes Onions Turnips Squash Cauliflower Brussels Sprouts	Cranberry Jelly Cranberry Sauce Oyster Dressing Chestnut Dressing Sausage Dressing Sage Dressing Acid Salads as for Chicken
3 Goose	White Potatoes Turnips Onions Squash Cauliflower Brussels Sprouts	Apple Sauce Celery Sauce Giblet Gravy Fresh Vegetable or Fruit Salad
4 Beef Roast	White Potatoes Sweet Potatoes Macaroni Cauliflower Brussels Sprouts Onions Spinach String Beans Lima Beans Egg Plant Tomatoes Squash Stuffed Peppers, and other Summer Vegetables	Yorkshire Pudding Horseradish Sauce Mushroom Sauce Fresh Vegetable Salads
5. Beef Steak	Same as Roast Beef	Mushroom Sauce Bearnaise Sauce Maitre d'hotel Butter Addition of Red and Green Peppers
6. Beef, Boiled	White Potatoes Carrots Turnips Parsnips Onions Vegetables à la jardinière	Dumplings
7 Beef, Corned	Potatoes (Plain) Cabbage Carrots Beets Turnips Parsnips Spinach or any Greens	



See recipe page 57



Calumet Chocolate Cake

See recipe page 18

Do Not Experiment - Use Calumet

TRY THESE RELIABLE SUGGESTIONS FOR SUCCESS IN COOKING

Calumet Lends Daily Service

PEOPLE accustomed to using Baking Powder only as a leavening agent when preparing hot breads, cakes, cookies, etc., are surprised to find Calumet Baking Powder a source of efficiency when used in the preparation of other foods.

Calumet Baking Powder added to a recipe for bread or rice pudding eliminates all danger of having a heavy, soggy pudding.

Pie crust in which half a teaspoon of Calumet Baking Powder is added to every cup of flour, will be especially light and flaky.

When making a stuffing or dressing for chicken, turkey or other meats, Calumet Baking Powder added to the mixture keeps it light and fluffy, and prevents its being heavy.

Calumet Baking Powder added to mashed potatoes or carrots, together with the milk, and beaten thoroughly, makes a delightfully light and appetizing dish.

When making an omelet, if a teaspoon of Calumet Baking Powder is added to every four eggs, and beaten in thoroughly, the omelet will be considerably lighter, more attractive and tasty.

Boiled frostings or uncooked icings will be much improved by adding a small amount of Calumet Baking Powder.

WEIGHTS AND MEASURES

Correct measurements are absolutely essential to successful cookery, and these are possible to inexperienced cooks only by following certain definite rules.

All measures in this book are level. Half-pint measuring cups, pint and quart measures, and teaspoons and tablespoons of regulation size are used.

Flour is sifted before measuring, then sifted again with other dry ingredients except sugar.

To measure dry ingredients, fill measure rounding full with a spoon or scoop, without shaking, and level with a knife. To measure butter and similar ingredients, pack spoon, cup, or other measure solidly, and level with a knife.

Weights are more accurate, and in some cases more convenient, than measures, and there should be in every kitchen a dial scale of several pounds' capacity, and in institutional kitchens a platform scale for meats and bulky provisions.

Table of Weights and Measures

3	teaspoons	= 1 tablespoon	8	egg whites	= 1 cup
16	tablespoons	= 1 cup	16	egg yolks	= 1 cup
4	cups	= 1 quart	10	medium eggs without shell	= 1 pound
4	quarts	= 1 gallon	2	cups chopped meat	= 1 pound
8	quarts	= 1 peck	4	cups cocoa	= 1 pound
4	pecks	= 1 bushel	3	cups currants or raisins	= 1 pound
16	ounces	= 1 pound	60	pounds potatoes	= 1 bushel
2	tablespoons butter	= 1 ounce	52	pounds onions	= 1 bushel
2	cups butter or lard	= 1 pound	24	pounds string beans	= 1 bushel
2	tablespoons sugar	= 1 ounce	56	pounds tomatoes	= 1 bushel
2	cups granulated sugar	= 1 pound	55	pounds turnips	= 1 bushel
2⅔	cups powdered sugar	= 1 pound	54	pounds sweet potatoes	= 1 bushel
2⅔	cups brown sugar	= 1 pound	45	pounds parsnips	= 1 bushel
4	tablespoons flour	= 1 ounce	50	pounds carrots	= 1 bushel
4	cups flour	= 1 pound	60	pounds beets	= 1 bushel
5¼	cups coffee	= 1 pound	60	pounds beans	= 1 bushel
2	quarts tea	= 1 pound	48	pounds apples	= 1 bushel
			196	pounds flour	= 1 barrel

CALUMET
BAKING POWDER

Time Table For Cooking

ARTICLES	TIME	
	Hours	Minutes
BOILING		
Mutton, leg	2 to 3	......
Ham (12 to 14 lbs.)	4 to 5	......
Corned beef or tongue	3 to 4	......
Turkey (9 lbs.)	2 to 3	......
Chicken (3 lbs.)	1 to 1¼	......
Cod and haddock (3 to 5 lbs.)	.....	20 to 30
Halibut (2 to 3 lbs.)	.....	30
Small fish	.....	6 to 10
Asparagus	.....	20 to 30
Peas	.....	20 to 60
String beans	1 to 2½	......
Lima and other shell beans	1 to 1¼	......
Beets (young)	.....	45
Beets (old)	3 to 4	......
Cabbage	.....	35 to 60
Onions	.....	45 to 60
Parsnips	.....	30 to 45
Spinach	.....	25 to 30
Green corn	.....	12 to 20
Macaroni	.....	20 to 30
FRYING		
Muffins, fritters and doughnuts	.....	3 to 5
Breaded chops	.....	5 to 8
Fillets of fish	.....	4 to 6
Smelts, trout and other small fish	.....	3 to 5

ARTICLES	TIME	
	Hours	Minutes
BAKING		
Bread (white loaf)	.....	45 to 60
Bread (Graham loaf)	.....	35 to 45
Biscuits or rolls (baking powder)	.....	12 to 15
Gems	.....	25 to 30
Muffins (baking powder)	.....	20 to 25
Gingerbread	.....	20 to 30
Cookies	.....	6 to 10
Baked batter puddings	.....	35 to 45
Plum pudding	2 to 3	......
Pies	.....	30 to 50
Scalloped Oysters	.....	25 to 30
Scalloped dishes of cooked mixtures	.....	12 to 15
Baked beans	6 to 8	......
Braised Beef	3½ to 4½	......
Mutton (saddle)	1¼ to 1½	......
Lamb (leg)	1¼ to 1¾	......
Veal (leg)	3½ to 4	......
Pork	3 to 3½	......
Chicken (3 to 4 lbs.)	1 to 1½	......
Turkey (9 lbs.)	2½ to 3	......
Goose (9 lbs.)	2	......
Duck (domestic)	1 to 1¼	......
Duck (wild)	.....	20 to 30
Fish (small, 3 to 5 lbs.)	.....	20 to 30

Articles	Boil on Stove Minutes	Leave in Fireless Stove Hours
Vegetables		
Potatoes	5	2
Peas, green	5	2
Tomatoes	5	2
Corn, green	5	3
Onions	10	3
Cabbage	10	3
String beans	10	3
Turnips	15	4
Beets, green	15	2
Cereals		
Oatmeal	2	All Night
Tapioca	5	2
Sago	5	2
Rice	5	2

Articles	Boil on Stove Minutes	Leave in Fireless Stove Hours
Puddings		
Drop Dumplings	5	2
Cottage	10	3
Fruit Dumplings	10	3
Suet	30	4
Meats		
Veal, 2 lbs	15	3
Fish, 2 lbs	15	2
Beef, 2 lbs	15	3
Chicken, spring	15	3
Beef, 3 lbs	30	4
Ham, 3 lbs	30	All Day
Pork, 2 lbs	30	4
Chicken, 1 yr	30	4
Corned beef	30	4
Pork, 3 lbs	35	4

Has Greater Leavening Strength.

White of Egg

THERE is one ingredient in Calumet Baking Powder which deserves your attention That is Dried White of Eggs. It is prepared by drying the white of fresh hens' eggs at low temperature, and then grinding to a fine powder. Fourteen pounds of whole eggs will produce about one pound of this dry powder. It dissolves easily in cold water and the viscous, egg-white nature of this solution holds the bubbles of gas as they are set free from the baking powder. This when used in strong baking powders increases the efficiency of the carbon dioxide gas evolved to an extent of 2.5% to 3.2%. It is extremely beneficial in producing light biscuits when the oven temperatures are not properly controlled or when the dough has to stand for some time before baking.

The amount of dried white of egg used in baking powders is very small, being 15/100 of 1%. Even in this small proportion it has the effect above mentioned. It also makes possible a simple test whereby the freshness of baking powder may be determined by the salesman in testing the stock upon the retailers' shelves, by the grocer himself, or by the housewife in the home. Both the increase of lightness and the possibility of the test are due to the viscous nature of the white of eggs, whereby the bubbles of gas are imprisoned as soon as they are set free by chemical action. This test is as follows: First take an ordinary drinking glass holding one-half pint, or in other words, the quantity that is usually known in the household as "one cupful." All that is needed is this empty glass (which must be dry), an ordinary teaspoon and a little water of the ordinary room temperature (not ice water nor hot water). Place two level teaspoons of the powder in the dry glass to which add the same quantity (two teaspoons) of water quickly; stir rapidly for a moment (while counting five), just long enough to thoroughly moisten all the powder; remove the spoon and watch the mixture rise. Note the action of the powder. It rises slowly and evenly, requiring two minutes to show the full strength. If the powder is of full strength, and you have proceeded properly, the gas released will form bubbles sufficient to half fill the glass. Caution: Don't attempt to make the mixture rise by continued stirring, as whipping or beating the mixture breaks the gas bubbles that are formed and allows the gas to escape. Allow the powder to rise of its own strength.

We make the following use of this test: Whenever goods appear to have been stored in damp places, or too near the stove, the salesman tests the baking powder as above described and if it is found to have deteriorated, it is at once exchanged for fresh goods without cost to the retailer. Without this simple test it would be necessary to send the goods to the factory for chemical analysis. As a result of such tests by the salesman deteriorated goods are entirely removed from the market so that the consumer will never receive a can of Calumet which does not do its work perfectly. **Of course, the above test cannot be made unless the white of egg is present.**

Setting the Table

Lay the covers, allowing enough space so that no one is crowded. (A cover consists of the plate, glass, silver and napkin to be used by each person.) At the center of each cover, place a plate, the kind depending on the meal that is to be served. See that the covers on the opposite sides of the table are directly opposite, not out of line. At the right of each plate, place the knife with the sharp edge toward the plate and the end of the handle about one inch from the edge of the table. Next to the knife, and parallel with it, place the spoons with the bowls up and the end of handles even with that of knife. At the left of the plate, place the fork or forks with the bowl up and the ends of the handles about one inch from the table. If a salad or pie fork is to be used, lay at the left and parallel to the meat fork. The napkins neatly folded, are placed at the left of forks, the same distance from the edge of the table as silver with their sides parallel to the silver. The glass should be placed at the end of the knife, always right side up,—at the end of the forks place the bread and butter plate.

Special pains should be taken in laying the table to provide everything necessary, that there may be as little occasion as possible to go to the pantry or kitchen.

Place the dishes from which the foods are to be served, conveniently for those doing the serving. Place the serving spoons at the right of the foods to be served. Never place the spoons in dishes before beginning the serving. Place the carving knife at the right of meat platter, the fork at the left.

Cups and saucers, sugar and creamer, should be placed in front of the hostess, with the coffee or tea pot at her right. The table should never look crowded with dishes. When the hostess is serving the meal—a tea cart at her side may be used to hold the dessert dish, bread plate, water pitcher, etc.

Place the chairs so that the edge of the seat just touches the tablecloth, but does not keep it from falling straight.

A Few Standard Rules for Serving

1. Two minutes before a meal is announced, fill each glass two-thirds full of water and place a piece of butter upon each bread and butter plate.
2. Everything should be passed, served and placed from the left side, except beverages and extra silver, which are served or placed at the right, from the right. Place and remove plates one at a time, for informal serving,—it is permissible to carry one in each hand.
3. Use a folded napkin in the hand under all dishes served which contain food.
4. Use a tray only when passing more than one article, as cream and sugar.
5. Always pass the most important accompaniment to a course first and the others in order of their importance.
6. Special watchfulness should be given by the maid that each person's needs are attended to.
7. In removing a course, take all dishes containing food,—then soiled plates and silver.
8. Bread and butter plates should remain upon the table until after the salad has been served.
9. Use a small napkin and a plate to remove crumbs from the table.

Order of Serving

The order of serving depends largely upon the wishes of the hostess and the occasion. Serve first the hostess or the guest of honor, then the next person to the right around the table in succession, whether a man or a woman.

The majority prefer serving the hostess first and there are advantages in this as she can then see if the dish is properly prepared and served, and provided with suitable serving silver, also the guest by observing the hostess, may learn how to serve herself.

To serve an orderly as well as an attractive dinner, it is not necessary to have a waitress.

Place the pad or silence cloth on the table. Over this spread the tablecloth. If a center doily is used, place directly in the center of the table. A fern dish, dish of fruit or cut flowers may be used for table decoration according to individual taste and according to the elaborateness of the meal served. They should be low, so not to obstruct the view across the table. Doilies and table runners may be used for breakfast, luncheon and supper.

Children should be taught to help in the serving, to fill the water glasses, pass the butter or sauces, and remove the dishes between courses.

In many homes, the mother is the only one to leave the table and to remove the dishes for a change of courses, but this duty should devolve upon younger members of the family.

It is a great help to have some one sitting next to the carver serve the vegetables that are to be on the same plate with the meat, or the vegetables may be passed from one to another, each person helping himself.

Great care should be taken to pass all the accompaniments to each course at the right time, but avoid the confusion of passing many things at once.

Style of Serving

There are three methods of serving meals:

1. English Service, is informal. Foods are served at the table by host and hostess and other members of the family. If one has a maid, the passing is done by her; if not, by those sitting at the table.
2. Russian Service, is most formal. No food is on the table except candy and nuts. Each plate is served in the kitchen and placed in front of the guest by household helpers; or the empty plates are placed before each guest and the serving dishes are passed to each person by the waitress. No serving dishes are placed on the table. This form of service is rarely used except where there are servants.
3. The Combination, or Mixed Service, is used for the informal meals. It is a combination of the two other styles and requires the services of a waitress. For example, the soup or salad is served in the kitchen and the meat and vegetables are served at the table.

Every hostess may follow her own ideas, but certain general rules should be followed.

Index

A Page

Almond Drop Cakes ... 26
American Coffee Cake ... 17
Apple Cake ... 17
Apple Cakes ... 5
Apple Custard Pie ... 34
Apple Dumplings ... 53
Apple Dumplings, Baked ... 50
Apple Fritters ... 14
Apple Pie ... 34
Apple Pie, English ... 34
Apple Pudding (Steamed) ... 48
Apple Tapioca Pudding ... 48
Apricot-Pineapple Sauce ... 50
Assorted Cake Squares, Calumet ... 18

B

Bacon Muffins ... 7
Baked Apple Dumplings ... 50
Baked Eggs ... 58
Baking Powder Biscuit Dough ... 4
Baking Powder, Measuring ... 2
Balls, Snow ... 53
Banana Cream Cake ... 17
Banana Fritters ... 15
Bananas for Fritters ... 15
Batter, Plain Fritter ... 14
Beef Chart ... 56
Beef, Chipped, in Brown Gravy ... 56
Beef, Roast ... 58
Beef Steak, Broiled ... 57
Birds, Veal ... 57
Biscuit Dough, Baking Powder ... 4
Biscuits, Butter Milk ... 5
Biscuits, Calumet ... 4
Biscuits, Dixie ... 5
Biscuits, Graham ... 5
Biscuits, Secret of Making Light ... 4
Biscuits, Shortcake ... 5
Biscuits, Twin ... 4
Boiled Ham ... 58
Boiled Frosting ... 22, 32
Boiled Maple Frosting ... 32
Boiled Salad Dressing ... 63
Boston Brown Bread ... 3
Bran Muffins ... 8
Bread, Baked Brown ... 3
Bread Biscuits and Shortcakes ... 3–6
Bread, Boston Brown ... 3
Bread, Calumet Nut ... 4
Bread, Calumet Brown ... 3
Bread, Colonial ... 3
Bread, Corn ... 3
Bread, Ginger, Soft ... 8
Bread Griddle Cakes ... 11
Bread, Nut, Calumet ... 4
Bread, Prune ... 6
Bread Pudding, Calumet ... 48
Bread Pudding (Chocolate) ... 49
Bread, Raisin ... 4
Bread, Steamed Graham ... 4
Bread Stuffing ... 57
Broiled Beef Steak ... 57
Brown Bread, Baked ... 3
Brown Bread, Boston ... 3
Brown Bread, Calumet ... 3
Buckwheat Griddle Cakes ... 11
Buns, Spanish ... 25
Buttermilk Biscuits ... 5

C

Cake, American Coffee ... 17
Cake, Apple ... 17
Cake, Banana Cream ... 17
Cake, Calumet Assorted Squares ... 18
Cake, Calumet Checker Board ... 18
Cake, Calumet Chocolate ... 18
Cake, Calumet Cream ... 21
Cake, Calumet Devil's Food ... 21
Cake, Calumet Gold ... 27
Cake, Calumet Lady Baltimore ... 27

Page

Cake, Caramel Cream ... 22
Cake, Checker Board, Calumet ... 18
Cake, Chocolate, Calumet ... 18
Cake, Cocoanut Layer ... 22
Cake, Cold Water ... 22
Cake, Cream, Calumet ... 21
Cake, Cream Sponge ... 23
Cake, Devil's Food ... 27
Cake, Devil's Food, Calumet ... 21
Cake, Fairy Loaf ... 23
Cake Fillings and Frostings ... 31, 32
Cake, French Nougat ... 23
Cake, Fruit ... 23
Cake, Fruit (Light) ... 24
Cake, Gold, Calumet ... 27
Cake, Gertrude's Favorite ... 24
Cake, Hot Water Sponge ... 23
Cake, Jelly ... 24
Cake, Lady Baltimore, Calumet ... 27
Cake, Lemon Cream ... 24
Cake, Marble ... 25
Cake, Orange Cream ... 25
Cake, Snow ... 25
Cake Squares, Calumet Assorted ... 18
Cake, Spice ... 25
Cake Sponge ... 22, 23
Cake, Sunshine ... 26
Cake, White ... 26
Cake, White Loaf ... 26
Cakes, Almond Drop ... 26
Cakes and Cookies ... 16–28
Cakes, Apple ... 5
Cakes, Griddle ... 11, 12
Cakes, Rice ... 12
Calumet Assorted Cake Squares ... 18
Calumet Biscuits ... 4
Calumet Nut Bread ... 4
Calumet Bread Pudding ... 48
Calumet Brown Bread ... 3
Calumet Checker-Board Cake ... 18
Calumet Cake with Chocolate Frosting 18
Calumet Cream Cake ... 21
Calumet Cream Puffs ... 21
Calumet Crullers ... 15
Calumet Devil's Food Cake ... 21
Calumet Doughnuts ... 15
Calumet Fruit Pockets ... 34
Calumet Gold Cake ... 27
Calumet Griddle Cakes ... 11
Calumet Jelly Roll ... 27
Calumet Lady Baltimore Cake ... 27
Calumet Meat Pies ... 57
Calumet Muffins ... 7
Calumet Nut Cookies ... 28
Calumet Parker House Rolls ... 5
Calumet Strawberry Shortcake ... 5
Calumet Sugar Cookies ... 28
Calumet Surprises ... 6
Calumet Wheat Cakes ... 11
Candies ... 66
Canned Corn Griddle Cakes ... 11
Caramel Custard Sauce ... 48
Caramel Cream Cake ... 22
Caramel Filling ... 22, 31
Caramel Ice Cream ... 64
Charlotte Russe ... 49
Checker Board Cake, Calumet ... 18
Cheese Straws ... 6
Chipped Beef in Brown Gravy ... 56
Chocolate Bread Pudding ... 49
Chocolate Cake, Calumet ... 18
Chocolate Eclairs ... 21
Chocolate Filling ... 31
Chocolate Frosting ... 18, 32
Chocolate Ice Cream ... 64
Chop Suey ... 56
Cinnamon or Fruit Rolls ... 6
Cocoanut Filling ... 31
Cocoanut Layer Cake ... 22
Coffee Cake, American ... 17
Cold Water Cake ... 22
Colonial Bread ... 3

Index

(Continued)

Page

Cookies, Cakes and ... 16–28
Cookies, Marble ... 28
Cookies, Molasses Drop ... 28
Cookies, Nut, Calumet ... 28
Cookies, Oatmeal Drop ... 26
Cookies, Sugar, Calumet ... 28
Cooking Suggestions ... 67
Cooking, Time Table for ... 74
Corn Bread ... 3
Corn, Canned, Griddle Cakes ... 11
Corn Flake Griddle Cakes ... 12
Corn Fritters ... 15
Corn Griddle Cakes ... 11
Corn Muffins ... 7
Cottage Pudding ... 49
Cottage Pudding (Peach) ... 49
Cream Cake, Banana ... 17
Cream Cake, Calumet ... 21
Cream Cake, Caramel ... 22
Cream Cake, Lemon ... 24
Cream Cake, Orange ... 25
Cream Filling ... 21, 23, 31
Cream Filling, Banana ... 17
Cream, Parisian ... 31
Cream Pie, Lemon ... 47
Cream Puffs, Calumet ... 21
Cream Sponge Cake ... 23
Crullers, Calumet ... 15
Custard ... 49
Custard Sauce, Caramel ... 48
Custard Pie ... 47
Custard Pie, Apple ... 34

D

Date Pudding ... 49
Date Muffins ... 7
Deep Fat Frying ... 14
Devil's Food Cake, Calumet ... 21
Dixie Biscuits ... 5
Dough, Baking Powder Biscuit ... 4
Doughnuts, Calumet ... 15
Dressing, Mayonnaise ... 63
Dressings, Salad ... 63
Drop Cakes, Almond ... 26
Drop Cookies, Oatmeal ... 26
Drop Dumplings ... 50
Dumplings, Apple ... 53
Dumplings, Baked Apple ... 50
Dumplings, Drop ... 50

E

Eclairs, Chocolate ... 21
Eggs, All Kinds ... 58, 59
Egg Frosting ... 32
Egg, White of ... 75
Endorsement ... 54
English Apple Pie ... 34
Entire Wheat Griddle Cakes ... 12

F

Fairy Loaf Cake ... 23
Fig Filling ... 31
Filling, Banana Cream ... 17
Filling, Caramel ... 22, 31
Filling, Chocolate ... 31
Filling, Cocoanut ... 31
Filling, Cream ... 21, 23, 31
Filling, Fig ... 31
Filling, Lemon ... 31
Filling, Orange ... 31
Flank Steak, Stuffed ... 57
Foamy Sauce ... 50
French Nougat Cake ... 23
Fritter Batter, Plain ... 14
Fritters, Apple ... 14
Fritters, Banana ... 15
Fritters, Bananas for ... 15
Fritters, Corn ... 15
Fritters, Doughnuts and Crullers ... 14, 15
Fritters, Rice ... 15
Frosting, Boiled ... 22, 32

Page

Frosting, Chocolate ... 32
Frosting, Egg ... 32
Frosting, Orange ... 32
Frosting, Plain ... 32
Fruit Cake ... 23
Fruit Cake (Light) ... 24
Fruit, or Cinnamon Rolls ... 6
Fruit Pockets, Calumet ... 34
Fruit Salad Dressing ... 63
Fruit Sherbet ... 64

G

Gertrude's Favorite Cake ... 24
Ginger Bread, Soft ... 8
Gold Cake, Calumet ... 27
Graham Biscuits ... 5
Graham Bread, Steamed ... 4
Graham Muffins ... 7
Grape Juice Sauce ... 50
Griddle Cakes, Bread ... 11
Griddle Cakes, Buckwheat ... 11
Griddle Cakes, Calumet Wheat ... 11
Griddle Cakes, Canned Corn ... 11
Griddle Cakes, Corn ... 11
Griddle Cakes, Corn Flake ... 12
Griddle Cakes, Entire Wheat ... 12

H

Ham, Boiled ... 58
Hard Sauce ... 50
Helps and Hints ... 67–69
Hermits ... 28
Hints and Helps ... 67–69
Hot Water Sponge Cake ... 23

I

Ice Cream and Ices, All Kinds ... 64, 65
Icing, Lemon ... 32
Icing, Maple ... 32
Icing, Mocha ... 32
Icing, Orange ... 32
Icing, Orange Cream ... 25
Icing, Plain ... 32
Ideal Combinations ... 70
Invalid Cooking ... 59

J

Jelly Cake ... 24
Jelly Roll, Calumet ... 27

L

Lady Baltimore Cake, Calumet ... 27
Lamb, Leg of ... 57
Layer Cake, Cocoanut ... 22
Lemon Cream Cake ... 24
Lemon Cream Pie ... 47
Lemon Filling ... 31
Lemon Icing ... 32
Lemon Sherbet ... 64
Lemon Milk Sherbet ... 64
Lemon Pie ... 47
Light Fruit Cake ... 24
Loaf Cake, Fairy ... 23
Loaf Cake, White ... 26
Loaf, Veal ... 57

M

Maple Sugar Roll ... 24
Maple Icing ... 32
Marble Cake ... 25
Marble Cookies ... 28
Mayonnaise Dressing ... 63
Measuring Baking Powder ... 2
Measures, Table of ... 73
Meat Pie, Calumet ... 57
Meats ... 56–58
Meats, How to Select ... 56
Meringue ... 47
Mocha Frosting ... 32
Molasses Drop Cookies ... 28
Muffins, Bacon ... 7
Muffins, Calumet ... 7
Muffins, Corn ... 7

Index

(Continued)

Page
Muffins, Graham 7
Muffins, Oatmeal or Rice 8
Muffins, One Egg 8
Muffins, Bran 8

N

New York Ice Cream 64
Nougat Cake, French 23
Nut Bread, Calumet 4
Nut Cookies, Calumet 28

O

Oatmeal Drop Cookies 26
Oatmeal Muffins 8
Omelet 58
One-Egg Muffins 8
Orange Cream Cake 25
Orange Filling 31
Orange Icing 32
Orange Ice 64
Orange Sauce 50
Oven Test for Cake 16

P

Parisian Cream 31
Parker House Rolls, Calumet 5
Paste, Plain Pie 33
Paste, Puff 33
Pastry 33, 34, 47
Peach Cottage Pudding 49
Pie, Apple 34
Pie, Apple (English) 34
Pie, Apple Custard 34
Pie, Custard 47
Pie, Lemon 47
Pie, Lemon Cream 47
Pie, Meat, Calumet 57
Pie Paste, Plain 33
Pie, Pumpkin 47
Pie, Raisin 47
Pie, Rhubarb 47
Pies, General Rules 33
Pineapple-Apricot Sauce 50
Plain Fritter Batter 14
Plain Icing 32
Plain Pie Paste 33
Plum Pudding 49
Poached Eggs 59
Pockets, Fruit, Calumet 34
Porridge Pudding 53
Pot Roast 58
Pudding Apple (Steamed) 48
Pudding, Apple Tapioca 48
Pudding, Bread, Chocolate 49
Pudding, Bread, Calumet 48
Pudding, Cottage 49
Pudding, Cottage (Peach) 49
Pudding, Date 49
Pudding, Plum 49
Pudding, Porridge 53
Pudding, Rhubarb 53
Pudding, Rice 53
Pudding, Tapioca 53
Puddings and Sauces 48–53
Puff Paste 33
Puffs, Calumet Cream 21
Pumpkin Pie 47

R

Raisin Bread 4
Raisin Pie 47
Rhubarb Pie 47
Rhubarb Pudding 53
Rice Cakes 12
Rice Fritters 15
Rice or Oatmeal Muffins 8
Rice Pudding 53
Rice Waffles 8
Roast Beef 58
Roast, Pot 58
Roll, Calumet Jelly 27

Page
Roll, Maple Sugar 24
Rolls, Cinnamon or Fruit 6
Rolls, Parker House, Calumet 5
Roquefort Dressing 63
Rules, General, for Pastry Making 33
Rules for Serving 76
Rusks 6
Russe, Charlotte 49

S

Salad Dressings 63
Salads, All Kinds 60
Sauce, Apricot-Pineapple 50
Sauce, Caramel Custard 48
Sauce, Grape Juice 50
Sauce, Hard 50
Sauce, Orange 50
Sauce, Vanilla 50
Scalloped Eggs 59
Scrambled Eggs 59
Serving, Order of 77
Serving, Style of 77
Setting the Table 76
Sherbets 64
Shortcake Biscuits 5
Shortcake, Calumet Strawberry 5
Snow Cake 25
Snow Balls 53
Soups, All Kinds 55
Soups, Meats and Eggs 55–59
Spanish Buns 25
Spice Cake 25
Sponge Cake 22
Sponge Cake, Cream 23
Sponge Cake, Hot Water 23
Squares, Assorted Cake, Calumet 18
Stains, Removal of 69
Steak, Broiled Beef 57
Steak, Flank, Stuffed 57
Steak, Swiss, in Casserole 58
Steamed Apple Pudding 48
Steamed Graham Bread 4
Strawberry Shortcake, Calumet 5
Straws, Cheese 6
Stuffed Flank Steak 57
Stuffing, Bread 57
Suisse, a la, Eggs 59
Sunshine Cake 26
Surprises, Calumet 6
Swiss Steak in Casserole 58

T

Table of Measures 73
Table Setting 76
Tapioca Pudding 53
Tapioca Pudding, Apple 48
Thousand Island Dressing 63
Time Table for Cooking 74
Tomatoes, Eggs in 59
Twin Biscuits 4

V

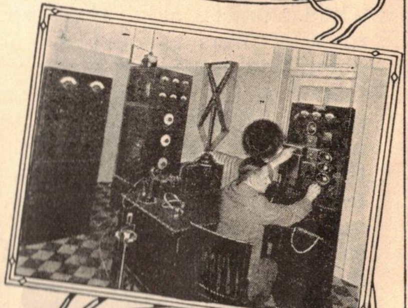
Valuable Information 12
Vanilla Ice Cream 64
Vanilla Wafers 28
Veal Birds 57
Veal Loaf 57
Virginia Wafers 6

W

Wafers, Vanilla 28
Wafers, Virginia 6
Waffles 8
Waffles, Rice 8
Weights and Measures 73
What Baking Powder Is 1
White Cake 26
White Loaf Cake 26
White of Egg 75

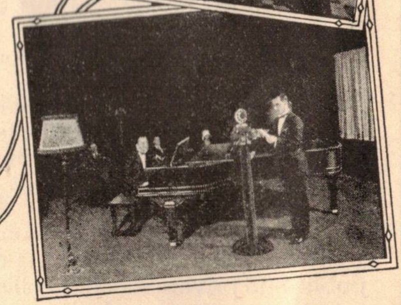
"THIS IS WQJ
The CALUMET BAKING POWDER COMPANY

DO you like interesting talks on home management? Would you enjoy hearing Marion Jane Parker deliver her famous lectures on this subject—or learning how to live better on less money by following her Budget System for the home? It may be you are fond of the Grand Opera or a good orchestra.



It's easy—you can enjoy all of these pleasures right in your own home—simply tune in on W Q J (wave length 447.5 meters)—it's the new and powerful broadcasting station at Chicago.

It is, and always will be the policy of W Q J to broadcast programs given by the best talent obtainable. Interesting and profitable contests will also be conducted from time to time.



BAKING POWDER
1 LB
ABSOLUTELY PURE
NOT MADE BY A TRUST
CALUMET
CONTENTS 1 LB.
BAKING POWDER
CALUMET BAKING POWDER CO.
CHICAGO, U.S.A.

If you enjoy our programs write or wire your comments. Also ask Miss Parker, who is head of the Calumet Home Service Department, any questions you might care to have answered pertaining to baking or house work in general.

THE Home Economics Department of the Calumet Baking Powder Company was primarily established for the purpose of assisting the housewife with her baking problems, and also to assist the teacher and student of Home Economics by furnishing them educational helps.

In this connection, in the early part of 1922, a model home kitchen was installed in the Calumet plant, to provide a place for preparing and testing all recipes to be used in our advertisements, cook books, monographs or other literature. The kitchen itself was designed and equipped under the direction of the Home Economics Department of the University of Chicago, and is scientifically equipped with all modern, labor saving devices. It is open to the public at all times, and thousands of guests are entertained yearly. Home builders who are planning homes of their own find this model home kitchen a source of great help.

The Calumet Baking Powder Company was one of the first manufacturers to have a standing invitation to visit its plant and is responsible for the open-door-policy in the manufacture of baking powder. Until its advent baking powder factories were conducted behind closed doors, under a cloak of mystery that served a dual purpose; first, to cover the defects and imperfections of manufacture; and second, to enable its manufacturers to continue their original methods in which they featured baking powder as a food, something to be eaten, instead of a preparer of food. With the open-door-policy, naturally these conditions have changed. Education, added to the real function that baking powder performs, makes it impossible for the unscrupulous manufacturers to demand exorbitant prices for their product.

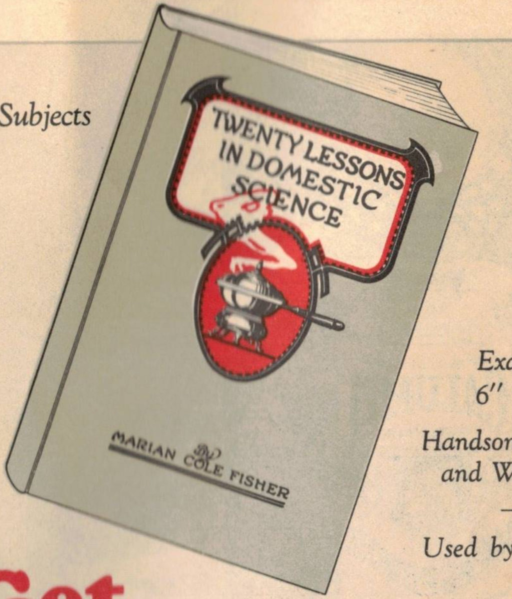
So it is to be seen that the Home Economics Department not merely educates the housewife for better pastries, more wholesome breads, but also saves them millions of dollars as well.

Considerable is being done by the Calumet Home Economics Department for the State Home Demonstration Agents, as well as teachers and students of Home Economics, both in public and private schools, colleges and universities, throughout the country, and the cooperation likewise proving a great help to dietitians, dealers, bakers and others interested in food work.

This Department stands ready at all times to assist housewives, Domestic Science students, teachers and all others interested in Domestic Science in their daily problems.

A most complete reference library makes this experimental cookery kitchen a great asset to those interested in writing in or visiting the Department, for this material is always at their service.

110 Pages
20 Separate Subjects
Sold in
Book Stores
at $2.00
per Copy


TWENTY LESSONS IN DOMESTIC SCIENCE
MARIAN COLE FISHER

Exact Size
6″ x 9¼″

Handsomely Printed and Well Bound

Used by Thousands

Get This FREE

Course in Domestic Science and Home Economics

"Twenty Lessons in Domestic Science" is a book every housewife should have. Endorsed and used by thousands of Domestic Science Teachers, Pupils and Housewives—100 pages filled with valuable information. Tells the relative value of foods—proper kitchen equipment—makes housekeeping simpler, easier, more economical and pleasant. A two-dollar book containing a complete college course—condensed.

Get Your Copy Today!

Send us two slips taken from one pound cans of Calumet Baking Powder and 20¢ in stamps or money to cover the cost of postage and handling, and a copy of this wonderful book will be sent you—postpaid.

CALUMET BAKING POWDER CO.
4100 Fillmore Street **CHICAGO, ILLINOIS**

NOT MADE BY A TRUST
CALUMET
CONTENTS 1 LB.
BAKING POWDER
CALUMET BAKING POWDER CO.
CHICAGO, U.S.A.

Calumet Sales

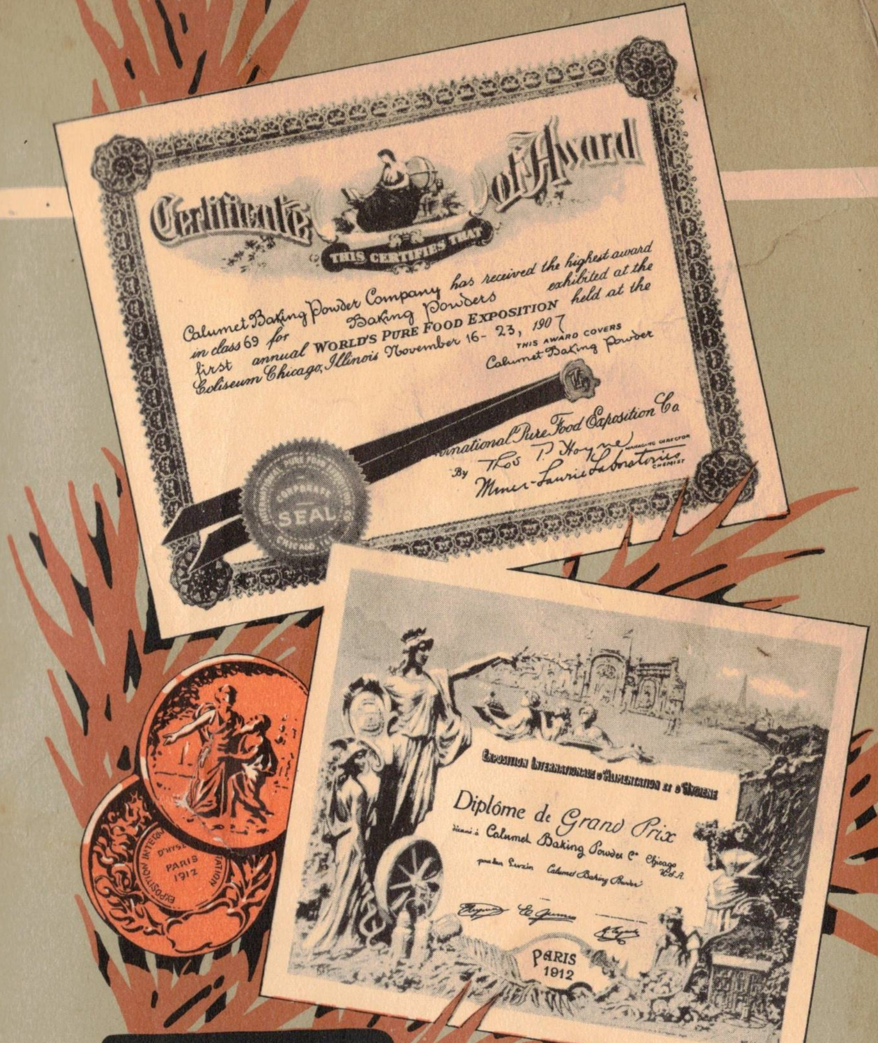
Are

Two and One-Half

Times

Those of Any

Other Brand



Certificate of Award

THIS CERTIFIES THAT

Calumet Baking Powder Company has received the highest award in class 69 for Baking Powders exhibited at the first annual WORLD'S PURE FOOD EXPOSITION held at the Coliseum Chicago, Illinois November 16-23, 1907

THIS AWARD COVERS
Calumet Baking Powder

…national Pure Food Exposition Co.
By Thos P. Hoyne MANAGING DIRECTOR
Miner-Laurie Laboratories CHEMIST

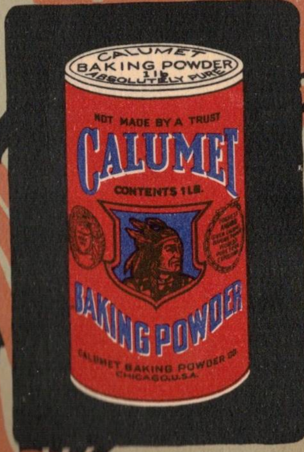
CORPORATE SEAL

Exposition Internationale d'Alimentation et d'Hygiène

Diplôme de Grand Prix
décerné à Calumet Baking Powder Cº Chicago U.S.A.
pour son Levain Calumet Baking Powder

PARIS
1912

PARIS
1912
EXPOSITION


CALUMET
BAKING POWDER
1 lb.
ABSOLUTELY PURE
NOT MADE BY A TRUST
CALUMET
CONTENTS 1 LB.
BAKING POWDER
CALUMET BAKING POWDER CO.
CHICAGO, U.S.A.

The World's
Greatest
Baking
Powder

CALUMET
BAKING POWDER
1 lb.
ABSOLUTELY PURE
NOT MADE BY A TRUST
CALUMET
CONTENTS 1 LB.
BAKING POWDER
CALUMET BAKING POWDER CO.
CHICAGO, U.S.A.

Calumet's Double Action Gives You

a baking powder containing two leavening units—one begins to work when the dough is mixed; the other waits for the heat of the oven; then both work together—your guarantee against failure—against waste.

One Spoonful of Calumet, the World's Greatest Baking Powder, does the work of two spoonsful of many other brands.

→ MAKES BAKING EASIER

SALES 2½ TIMES THOSE OF ANY OTHER BRAND